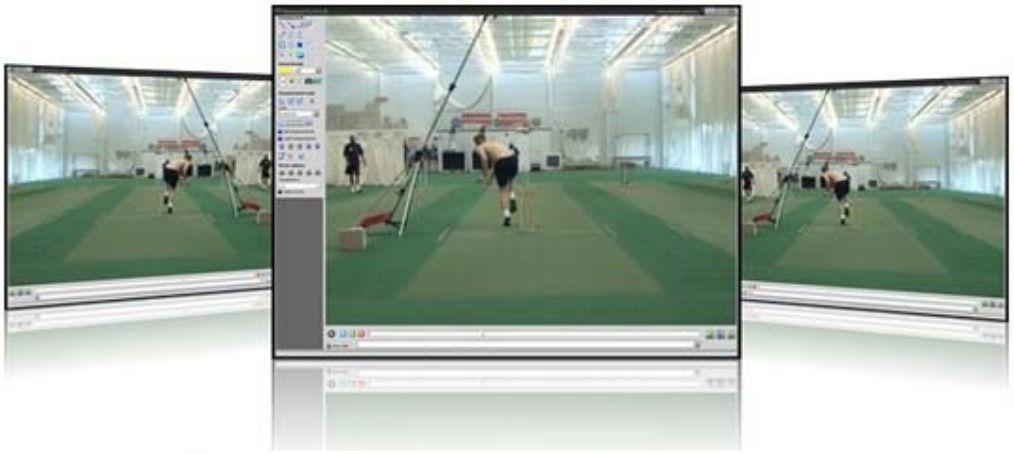
SC PRO



Technique Analysis Made Easy

USER MANUAL

Manual Version 7.05

powered by siliconcoach

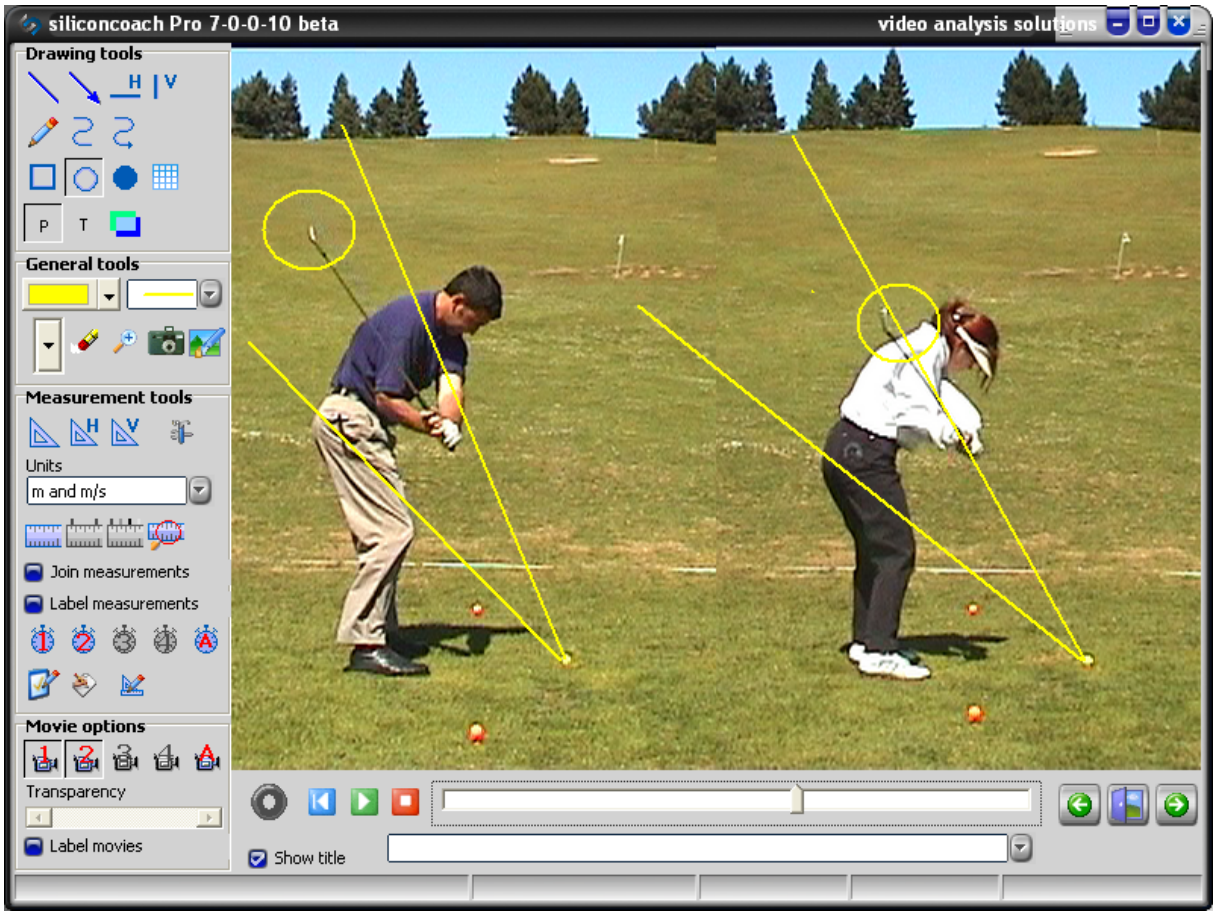
Table of Contents

Introduction 2
What's New in Pro 7 4
Chapter 1 Quick Start Manual 5
siliconcoach Activation 5
Frequently Asked Questions about your License 7
Overview 8
Play a Demo Presentation 9
Create a New Presentation 9
Chapter 2 Introducing you to siliconcoach 18
Overview 18
Introduction 19
Chapter 3 Using the Tools 26
Overview 26
Drawing Tools 27
General Tools 37
Viewing Movies 40
Measuring Tools 45
Chapter 4 Building Presentations 54
Overview 54
Using Existing Templates 55
Creating Your Own Templates for Presentations 61
Chapter 5 Video Capture and Import 65
Overview 65
Starting the Video Capture 66
Setting up for Video Capture 68
Capturing Videos from a Single Camera 70
Capturing Videos from Two Cameras 72
Trim and/or Recompress Video 75
Converting Videos from Different Formats 77
Managing Your Files 79
Snapstream firefly remote control 81
Chapter 6 Screen Recording 82
Overview 82
Screen Recording 83
Chapter 7 Exporting Presentations 85
Overview 85
Exporting Presentations 86
Appendix 90
Siliconcoach Software License Policy 90
Activating siliconcoach 7 Software 91
Managing your Software License 97

Introduction

siliconcoach
video analysis solutions

Pro is siliconcoach's premier software is and is the result of 15 years working with our clients around the globe. Siliconcoach Pro is designed for analysing movement and providing feedback by combining the processes of capture, watch and review, and analyse. Visual feedback greatly enhances understanding – rather than just verbally describing movements you can visually show them.



siliconcoach Pro and Student are just two of the software products in the siliconcoach range that provides video-based, motion analysis specifically designed for use in sports training, coaching, clinical, education and biomechanical analysis.

Other siliconcoach video analysis products include:

siliconcoach timeWARP	Instant video feedback.
siliconcoach Pro Server	Server version of the premier video-analysis software, siliconcoach Pro.
Siliconcoach Central	Web-based database for centralization of data and reports.
Technique Wizards	Electronic check-list to guide and standardize discrete movement analysis.
siliconcoach Digitiser	2D digitizing software, ideal for teaching the fundamentals of rigid body segment models, biomechanics, and 2D geometry.

For more details on these or other siliconcoach products, visit www.siliconcoach.com .

What's New in Pro 7

Version 7 of siliconcoach's flagship product brings with it some of the features users have told us they want.

These are:

- **Fresh new interface:** Although the workflow that users have found so easy to use is still there, the interface has had a makeover to give it a fresher look.
- **Simpler Activation.** A new simpler on-line activation system including a 45 trial period just in case you can't get to activating it straight away but you want to use it now. You can now even move your activation code from one computer to another using our web based activation system. For more information see page 5
- **Dual capture.** If you have 2 mini DV cameras, two separate Firewire cards and a fairly modern PC you will be able to capture from two cameras at the same time. But more than this you can composite the two video feeds into one video clip that is automatically synchronised. You can lay out your composited video Picture in Picture, vertically aligned, horizontally aligned and full view or save each camera view off as an individual file. For more information see page 72
- **Multiple format Import:** You can now import videos from multiple formats, including high definition but the key thing is you can keep the high definition resolution. For more information see page 77
- **Export to iTunes.** In addition to our extensive array of output options you can now directly save your screen recordings into iTunes and then put them or your or your athletes iPod or iPhone. For more information see page 88
- **Bug fixes and Improved Efficiency:** There are also numbers changes under the hood to make the application run more efficiently.
- **New Support web site.** This ever-developing site has everything you need to get started and then progress on from there. Find it at http://siliconcoach.com/support/?page_id=312
- **New remote control support:** Support has been added for the Snapstream firefly remote control when capturing video.

We are sure you will enjoy this new version and please keep the feedback and suggestions coming.

The team at siliconcoach

Chapter 1 Quick Start Manual

siliconcoach Activation

Introduction

Once you have installed the software on your computer you will eventually need to activate it to unlock the software for long term use. The activation process binds the software to the computer you activate it on although you can move it from computer to computer using our new web based activation system. You can use the software for 45 days before you have must activate it.

Note

To protect your investment and ours siliconcoach has created a policy on software ownership and replacement. You can review this policy on page 90

Activation Process

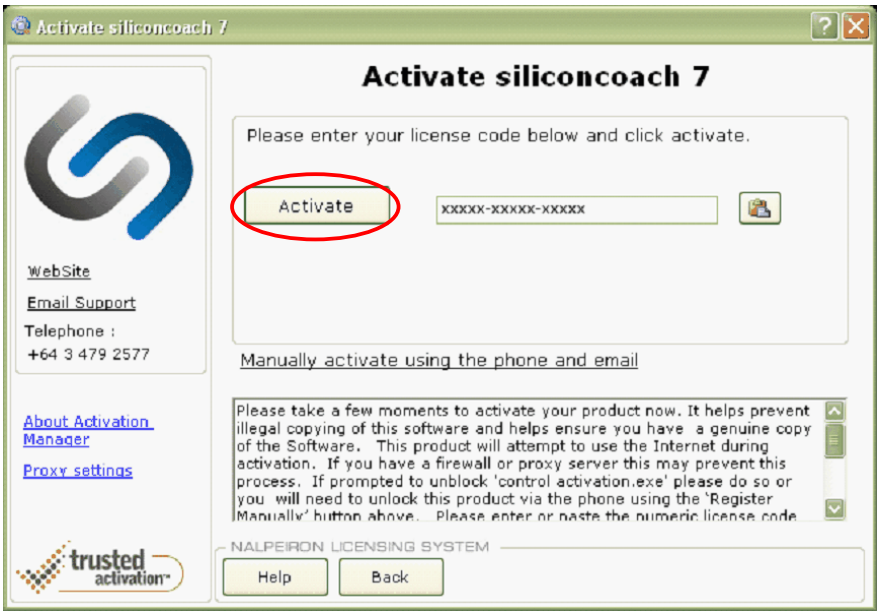
The web based activation process requires you to be connected to the internet and is bar far the easiest option.

Activation Process in Brief (For more detail on activating, see page 91)**:**

1. When you first run the software you are presented with an **Activation Manager**.
2. Select the ACTIVATE SILICONCOACH 7 option and click CONTINUE.

Activate siliconcoach 7
Activation Required
Activation is required to register this product. Once a license has been activated on a computer, it cannot be used on another machine. By activating this license you will lock it to the current machine.
WebSite
Email Support
Telephone :
+64 3 479 2577
About Activation Manager
Proxy settings
Activate siliconcoach 7
Buy siliconcoach 7
trusted activation
NALPEIRON LICENSING SYSTEM
Help
Continue

3. On the next screen enter the license number you received with your siliconcoach CD or email and click ACTIVATE and wait 20 – 30 seconds and the system accesses the internet.


Activate siliconcoach 7
Activate siliconcoach 7
Please enter your license code below and click activate.
Activate
xxxxx-xxxxx-xxxxx
WebSite
Email Support
Telephone :
+64 3 479 2577
Manually activate using the phone and email
About Activation Manager
Proxy settings
Please take a few moments to activate your product now. It helps prevent illegal copying of this software and helps ensure you have a genuine copy of the Software. This product will attempt to use the Internet during activation. If you have a firewall or proxy server this may prevent this process. If prompted to unblock 'control activation.exe' please do so or you will need to unlock this product via the phone using the 'Register Manually' button above. Please enter or paste the numeric license code
trusted activation
NALPEIRON LICENSING SYSTEM
Help
Back

4. The next step is to register. This is very important as it allows you to manage your license(s). Note that it is **imperative** that you provide your **real email address** as this is your username and you may need to login to the activation server at a later date to manage your license(s).
   a. If you have registered with this system before, use the REGISTER option.
   b. If this is your first time use the REGISTER NOW option.
   c. Press Exit to finish the Activation/registration process.

5. For information on **moving your license** please see the Appendix on page 97

Frequently Asked Questions about your License

What happens if sell my PC without first returning my license to the server?

If you fail to return your license to the server so you can use it again on another PC then you will need to **purchase a new license** if your buyer will not run through the deactivation process for you. We recommend if you are going to sell your PC then you deactivate the license back to the server using the Internet De-activation (see page 97) and then uninstall siliconcoach.

What happens if my PC is stolen?

The expectation is that your insurance will cover the replacement cost and you will purchase the software again. Upon notification of loss, we will block your old license and issue a new one when you **purchase again**.

What happens if my Hard Drive crashes?

In the case that your hard drive cannot be recovered by simple reformatting and the disk has to be replaced then you will need to provide siliconcoach with proof of purchase for the replacement drive.

We will require a faxed or scanned copy of the receipt that details the

- newly installed drive,
- the date of transaction,
- the vendor and the vendors contact details so that we can contact them for confirmation.

NOTE: We reserve the right to ask you to run diagnostic software on the PC to confirm that the drive matches that as specified in the receipt.

What if I use the Activation Manager to manually remove a license and do not produce a proof of removal code?

You have effectively destroyed the license and provided us with no means to verify this. In this case you will need to **purchase a new license**. You should never perform a Manual De-activation (see page 98) unless you are on the phone with a siliconcoach support representative. Instead, use the Internet De-activation (see page 97) if you want to check your license back to our Web based License Server yourself.

What if I use Ghost or similar to image my PC and end up wiping my license because of a low level format?

If you choose to image your PC including the master boot record then you must return your license to the server before you reimage so that you can activate again on the reimaged PC. Activation is very fast and simple once you've completed it once. Failure to return your license to the server such that you destroy your license and need a new one will result in you having to **purchase a new license**.

Overview

Introduction

Welcome and thank you for using siliconcoach 7. siliconcoach – Pro or Student, is designed to provide coaches with a tool for presenting movies of a client's skill and to provide appropriate feedback regarding the performance of that skill.

Presentation Builder

When you open up siliconcoach Pro, the Presentation Builder Screen will be shown as in Figure 1 below.

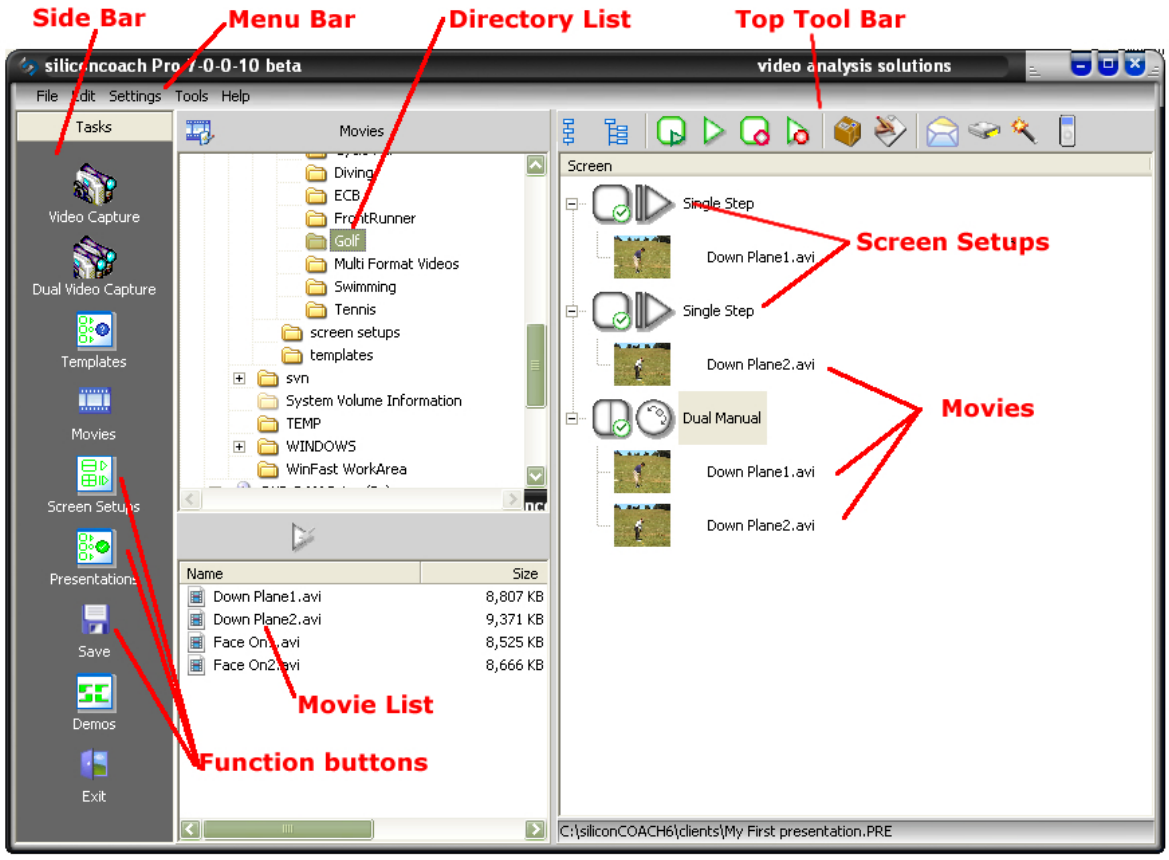


Figure 1

Topics

This Quick Start guide will take you through the steps to:

Topic	See Page
Play a Demo Presentation	9
Create a New Presentation	9

Play a Demo Presentation

Introduction

siliconcoach 7 provides you with a presentation to demonstrate the capabilities of the software. To Play the "My First presentation" presentation, follow the procedure listed below.

How to play a Demo presentation

To play the Presentations:

1. Click on the Presentation Function button in the left side bar. The default folder will show you the "My First presentation" presentation and then you can double click on it to start it.
2. Now click the green Play All button near the top of the screen to play the presentation.
3. Also go to http://siliconcoach.com, click SUPPORT in the upper right of the screen and then in the new window that opens up click on **First Analysis: Step 2** to see a video of how to use this presentation

Create a New Presentation

Overview

Introduction

To create a new presentation, open the siliconcoach software.
In this chapter, it guides you through the building process of the presentation.

Topics

This section contains the following topics:

Topic	See Page
Video Capture	10
Use a Template	13
Edit the Screen Setups	14
Edit the Movies	15
Save the Presentation	16
Play the Presentation	17

Create a New Presentation

Video Capture

Introduction

The Video Capture screen is where the capture of movie files is performed. This section guides you through how to capture a video.

How to Capture a Video

To capture video follow the steps:

1. Connect your camera to your PC and turn the camera on.
2. Click on the Video Capture button in the Function Tab.
3. The video capture interface shown below as in Figure 2 will appear:

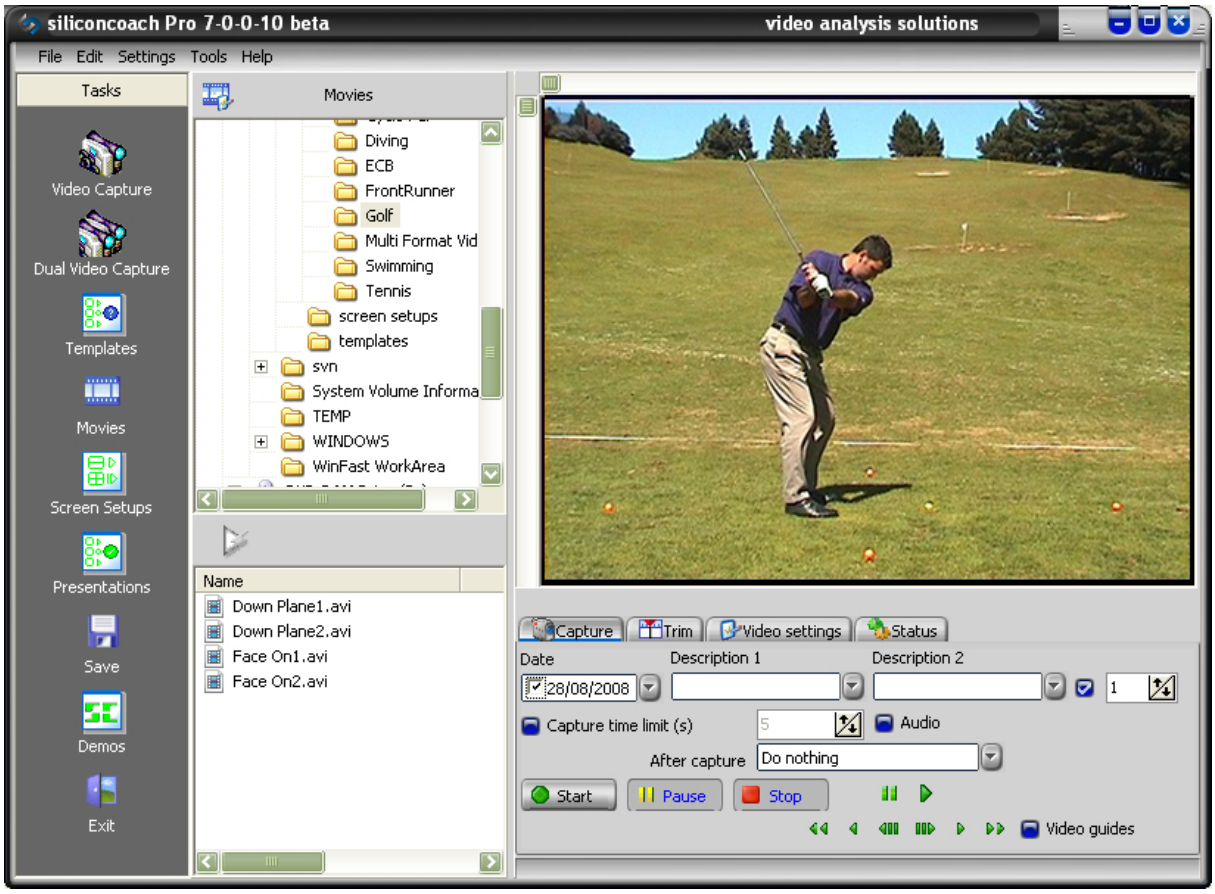


Figure 2

Create a New Presentation

Video Capture (continued)

4. The Capture Screen will automatically detect the Video source and the Audio source.
5. In the File name section, type in a name for the movie clip that you are about to capture. We provide three convenient ways to let you name your captures, Date, Name and Auto increment numbers.
6. Use the Directory and Folder list to specify the folder where you want to save the file. If you are making a presentation with this movie later, it will be easier to find the movie files that you save the movies into Demos or Clients folder under the siliconcoach folder.
7. If you want to create a new folder you can:
   - Right click the Folder list.
   - Create a folder by selecting New Folder from right click menu.
   - Name the folder.
   - Return to the Capture Screen.
8. Because you are capturing via Firewire, clicking on the Start Capture button will automatically play the camera.
9. Click on Stop Capture button when you have captured the desired movie sequence.

Create a New Presentation

Video Capture (continued)

How to Trim and/or Recompress the Video

The Trimmer Screen enables you to trim and/or recompress the video that you have just captured or any video in the file lists. The following steps indicate how to trim/recompress a video:

1. Double click on the Movie file from the File list in the Capture screen to open the Trimmer Screen, see Figure 3

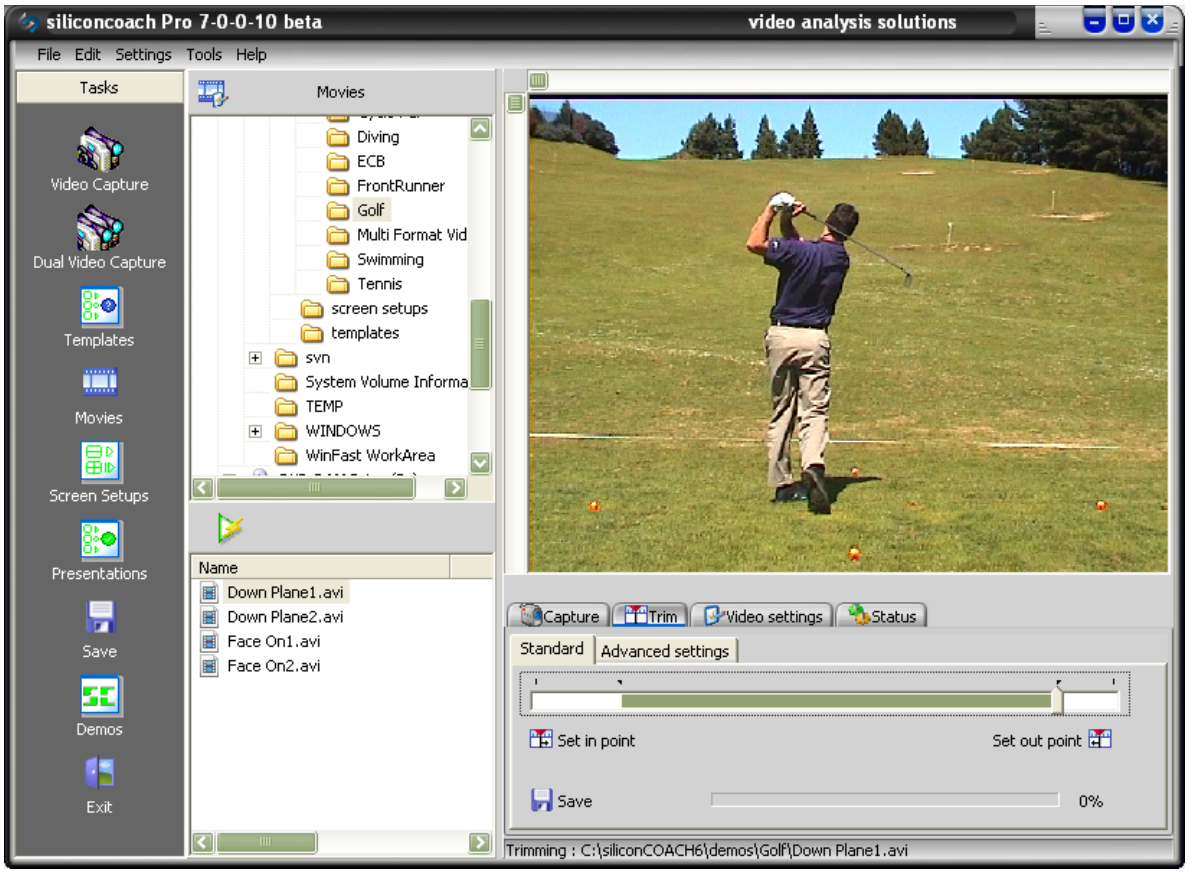


Figure 3

2. Move the slider to view the beginning point where you want to trim from, and click Set In.

3. Move the slider again to view the end point where you want to trim to, and click Set Out.

4. Then click Save to trim the movie according to the settings you have made. Give the file an appropriate name (it will automatically add "cut" to the end of the file name).

5. After the trim finishes, the movie will revert to the original untrimmed file.

Note:
• To set your In Point and Out Point you can use the mouse to move the slider or use the arrow keys on the keyboard.

Create a New Presentation

Use a Template

Introduction

In order to speed-up the presentation building process, presentation templates and screen set-ups have been provided. You have the option of saving any presentations that you create to a presentation file that can be opened up and played or edited later. As you become more proficient or your presentation needs change, you can use the Presentation Builder to create customised presentations, templates and screen set-ups that meet your needs exactly.

Open a Template

1. Click on the Templates function button.
2. The default Template folder will open in the Directory list and you will see all the available templates in the File list.
3. Double click on one of the templates that is suitable for your presentation to open it.

Add movies in the Template

To add the movies into the template you chose, work through the following steps:

1. Click on the Movie button.
2. The default Movies folder will open in the Directory list and show the movie files in the File list. Or you can select other folders that contain the movies that you prefer to use.
3. Double click on the first movie that you want to add into View 1 placeholder and double click on the next movie to add it into View 2.
4. Repeat this until all of the screen setup placeholders have been replaced with movies.

Note:

- One easy way to tell whether you have successfully dropped the movies onto all the Movie View Placeholders is that you see the Screen Setup with a little Tick on the icon.

Edit Screen Setups

Introduction

Once you've opened an existing presentation or created a new one, and you've decided on the format of the presentation you can easily modify it. The Screen Setup Editor provides you with an easy way to edit the preferences and controls of your screen setups.

How to edit a Screen setup

To open the Screen Setup Editor:

1. Double Click on the Screen Setup in the Presentation tree.
2. Now you can edit the screen setups of the presentation. See Figure 4.

Note

- In the General setting, when a Screen Setup is in Auto step mode, the screen setup will play automatically when you select Play All. Manual step allows you to play it manually so you can use the measurement and drawing tools.
- Full speed only applies to Single Screen setups.
- The Orientation setting is only available when the selected Screen Setup is Dual Screen.
- The Overlay setting is only available when the selected Screen Setup is a Dual Screen.
- The Apply to All and Apply Down buttons allow you to apply the changes to all screen setups of the same type, e.g. if the current screen setup is Single, the changes apply to the all Single screens only. Likewise if the current screen setup is Dual screen, the changes may only apply to all the dual screens.

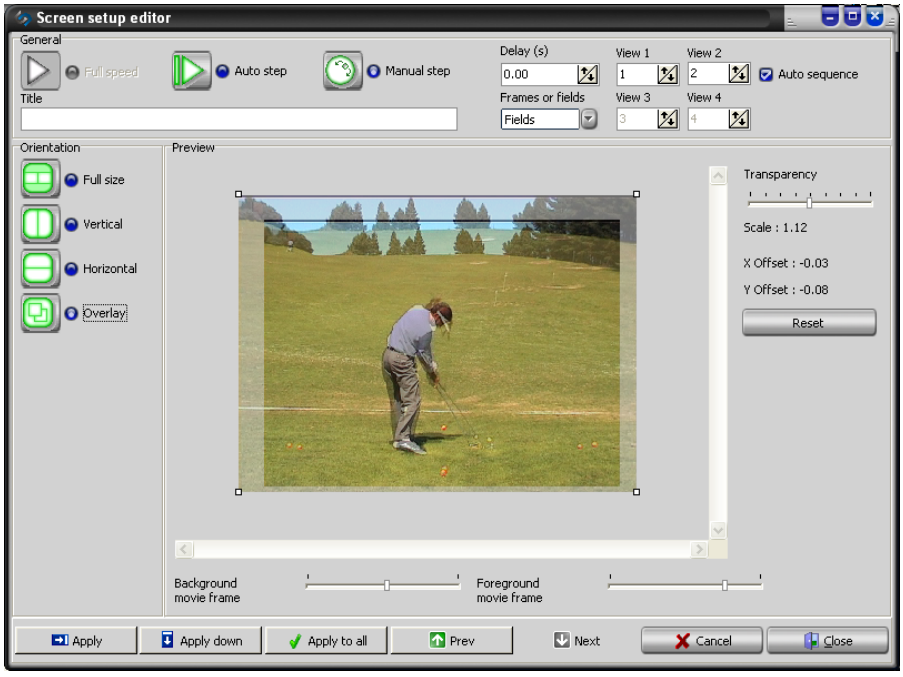


Figure 4

Edit the Movies

Introduction

The Movie Editor Window lets you preview and edit movies that you have assigned to the presentation.

How to edit a Movie

To open the Movie Editor Screen:

1. Double Click on the Movie in the Presentation tree.
2. Now you can edit the movies. See Figure 5

Note

- The Horizontal selection and Vertical selection are the horizontal or vertical areas displayed in the Horizontal or Vertical Orientation of a Dual Screen Setup.
- The Flipped option allows you to flip the movie horizontally.
- Field order changes the order of field presentation to accommodate field order combinations that some movies can have.
- In and Out points allow you to set the start and end points of the movie.
- Synch point let you set the synchronise point of the movie. When presenting movies in a two or four screen layout, it is often desirable to synchronise the movies so that they all reach the same point at the same time. For instance, you would want all movies of a golf swing to reach ball impact at the same time.
- Apply all and Apply down let you apply the changes to all the movies with the same name, e.g. if you currently change the movie with 2001-4-29-Down Plane1.avi, all the movies with this name will have their settings changed to match the movie being edited.

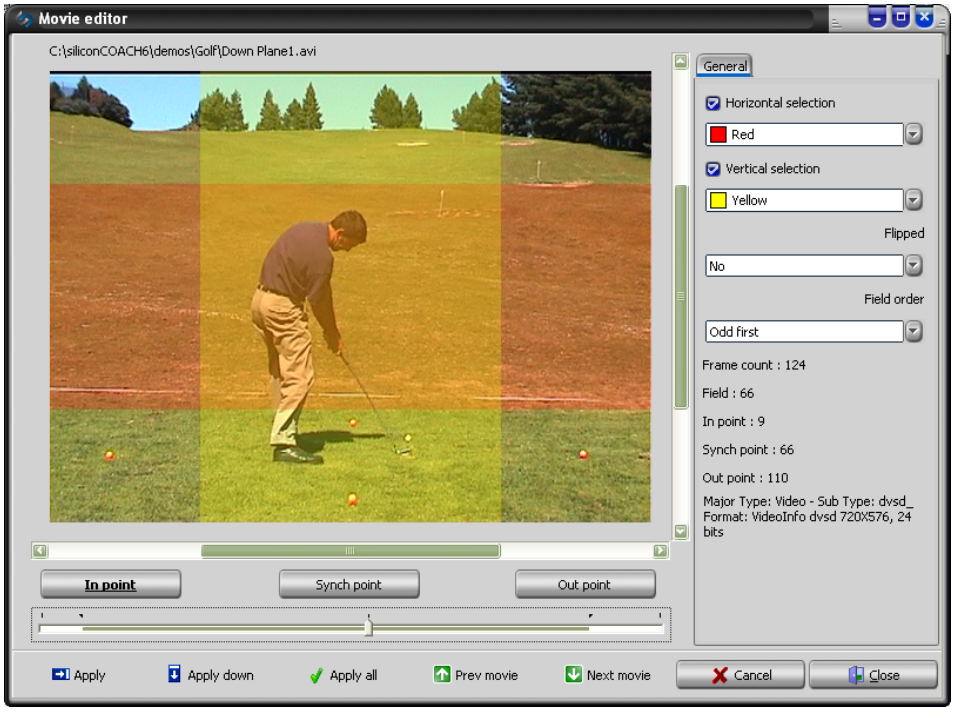


Figure 5

Save the Presentation

Introduction

In order to speed up the presentation building process, presentation templates and screen setups have been provided. You have the option of saving any presentations that you create to a presentation file that can be opened up and played or edited later.

How to save a presentation

To save the existing presentation:

- **Either** From the File menu, select Save.
- **Or** Click Save Button on the All Function tab.
- **Or** Type CTRL-S

To save the existing presentation with a different name:

- From the File menu, select Save As. A Save As dialogue will open.
- Type a file name into the File Name box and click Save to save the Presentation.

Note

- When the Save As dialogue opens, you will notice that the Save In Folder box will be set to the default presentation folder. If you want to save the file into a different folder, then use the folder navigation features of the Save As dialogue box to open that folder.

Play the Presentation

Introduction

When you have finished preparing your presentation, or if you want to get a feel for a section of the presentation, you may simply play the presentation from the beginning or from selected screen setups.

How to play the presentation

To play the existing presentation:

- Select the Play All button from to top tool bar to play all movies in the presentation,
- Or Right click on the selected screen setup you want to view and select Play from Selection.

To reopen a presentation and play it:

1. Select Presentations button from Open function tab.
2. The default Clients folder will open and show the presentation files in the File list. Or you can select the folder which contains the presentation that you want to view.
3. Double click on the presentation that you want to play to open it.
4. Select Play all button to play it all or select Play from Selection from the right click menu.

Chapter 2 Introducing you to siliconcoach

Overview

Introduction

siliconcoach – Pro or Student is an easy-to-use software package that enables the user to:

- Capture movies for use on your PC
- View captured computer movies
- Create split screen images
- Provide meaningful feedback for athletes, coaches and clinicians
- Calculate key variables of interest
- Determine joint angles
- Calculate distances and speeds
- Output results in Excel readable format for graphing or further manipulation
- Create videotapes for athletes.

siliconcoach offers a wide range of tools to investigate and analyse human performance. It can be used to track performance, calculate simple biomechanical information, or simply to create split screen video feedback.

Topics

This chapter contains the following sections:

Topic	See Page
Introduction	19
Getting Started in siliconcoach	18

Introduction

General Information

Licensing

Unless you have a current site license, siliconcoach Pro or Student can only be installed on a single machine. If you are unsure about your license arrangement, contact your local agent or siliconcoach Ltd.

Support

Support is provided via fax, internet and email. Up to date contact information is available on the siliconcoach website (www.siliconcoach.com) and then click on SUPPORT in the upper right of the screen

There is also a comprehensive electronic help that can be accessed from the top menu or pressing the F1 key at any time. This electronic help has animation to guide you through the software. ***Watching these animations is highly recommended***.

SiliconCOACH Online Help
Hide
Back
Forward
Home
Print
Options
Contents
Index
Search
Favorites
Introduction
Welcome
What's new in version 7
Getting Started
Activating siliconCOACH
Overview
Pro and Student differences
Your first presentation
How do I...?
Novice users
Capture Video
Dual Video Capture
Multiple Format Import
Make a Presentation
Synchronise Movies
Save a Presentation
Open a Saved Presentation
Play a Presentation
Draw on a Movie
Make Measurements
Measure Angles
Measure Distance / Speed
Measure Time
Welcome
Previous Top Next
siliconcoach
video analysis solutions
Welcome to the siliconcoach Pro 7 and siliconcoach Student 7 electronic help.
siliconcoach software is all about using video to help you help your clients/athletes, so we've adopted a similar approach to help you learn how to use siliconcoach Pro and siliconcoach Student. This Help utility includes links to animations that show you how to use siliconcoach and a Glossary of Terms. That's right, no need to read a manual , just find and watch the animation that illustrates what you want to do.
When you're using the actual siliconcoach Pro or Student software, help is only a key press away. Just press the F1 key on the keyboard to open the context sensitive help.

How to Use this Manual

This manual is designed to give readers a quick understanding of how siliconcoach Pro and Student are used and it provides working examples to illustrate the many functions of the program. We recommend new users work through the examples in this manual prior to performing any analysis.

There are some features that are only available in the siliconcoach Pro software and not in Student. These are indicated in this manual with the following symbol: PRO

Installing the Software for Training

The CD has an auto installer and should open automatically.

If the auto installer does not open the programme automatically, run **'setup-siliconcoach-7.exe'** (or similar) from the CD, at which point you will be prompted to continue.

Getting started in siliconcoach

Overview

Introduction

siliconcoach Pro or Student works by creating a presentation of movies using a set of screen setups. The screen setups include single screen (one movie filling the whole screen) or split screens (2, 3 or 4 movies displayed at once).

Topics

This section contains the following topics:

Topic	See Page
Presentation Builder	21
Playing Presentations	24

Getting started in siliconcoach

Presentation Builder

Introduction

When you open siliconcoach – Pro or Student, the main screen that you will see is the 'Presentation Builder' and, as the name suggests, it is used to create and modify presentations.

Screen descriptions

The following are descriptions of the different parts of the Presentation Builder screen.

Area	Description
Menu bar	Provides access to the various settings and functions available in siliconcoach – Pro or Student
Side Bar buttons	Shows files of each type (*.avi, *.pre, *.ssu)
Directory list	Shows folders and drives
File list	Shows list of files in each folder
Presentation tree	Shows all presentation details
Screen Setup	Shows the screen setups in the presentation
Movie	Shows movies used in the presentation
Top tool bar	Has quick buttons to play, record and export the presentation

continued on next page

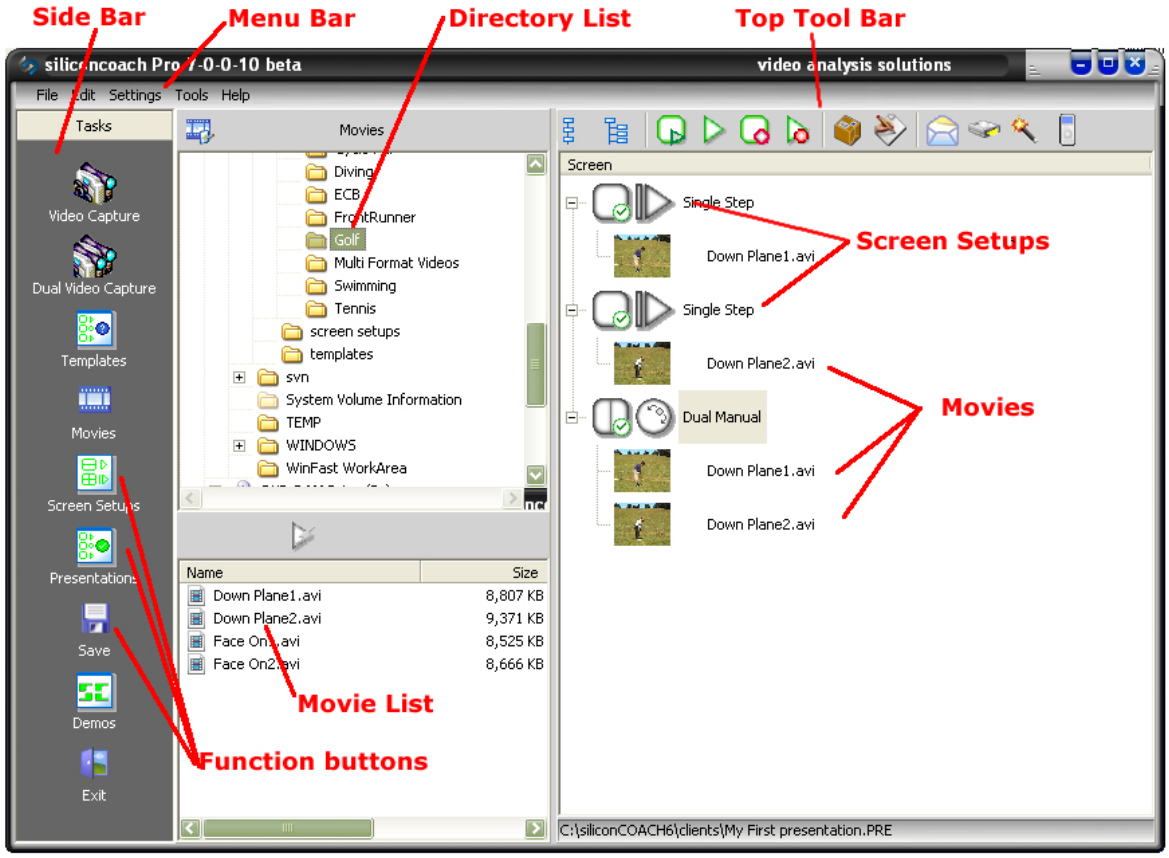
Getting started in siliconcoach

Presentation Builder (continued)

Screen illustration

The picture below illustrates the main parts of the presentation builder.

Figure 1 The Presentation Builder



continued on next page

Getting started in siliconcoach

Presentation Builder (continued)

You will learn

In the next task you will learn how to:

- Open a presentation; and
- Preview different movies for the presentation.

Tasks

Complete the following steps to open a presentation into the viewing area of the Presentation Builder, and preview different screen setups.

1. Click on the Presentation button (see Figure 1 on previous page).
2. The default folder will open in the Directory list, and display the file(s).
3. Double click on the 'My First presentation.pre' presentation file in the File list. Note that the presentation is now loaded into the presentation tree.
4. Click the blue Expand All button in the top tool bar to show the Movies in the Screen setup.
5. Also go to http://siliconcoach.com, click SUPPORT in the upper right of the screen and then in the new window that opens up click on **First Analysis: Step 2** to see a video of how to use this presentation

Getting started in siliconcoach

Playing Presentations

Introduction

Once you have opened your presentation you can then choose to 'Play All' or 'Play from Selection'.

Selections

To play the presentation from the first screen setup, select the green 'Play All' button from the top menu bar. To start playing the presentation from a specific screen setup highlight it in the presentation tree and select 'Play from Selection' from the **right mouse** click menu.

Screen Setup Play Modes

The Screen Setup can be played in 3 different modes these are Full Speed, Auto Step and Manual Step. The icon in the presentation tree indicates the screen setup play mode.

If *Full Speed* is chosen for a screen setup play mode, then the movie will play at the original speed from beginning to end. Once the end of the movie is reached then the next screen setup will be played. There are not analysis tools in this mode.

If *Auto Step* is chosen for a screen setup play mode, then the movie(s) will play from beginning to end showing every field/frame in the movie(s). Once the end of the movie(s) is reached then the next screen setup will be played. There are not analysis tools in this mode.

If *Manual Step* is chosen for a screen setup play mode, then the movie(s) are controlled manually and the other functions of siliconcoach Pro or Student can be used.

You can change the play mode of the screen setups in the Screen Setup Editor, which can be opened by double clicking on the screen setup.

Tasks

Complete the following steps to play a presentation:

1. Select 'Play All' from the Function tab to play the 'My First Presentation.pre' presentation.

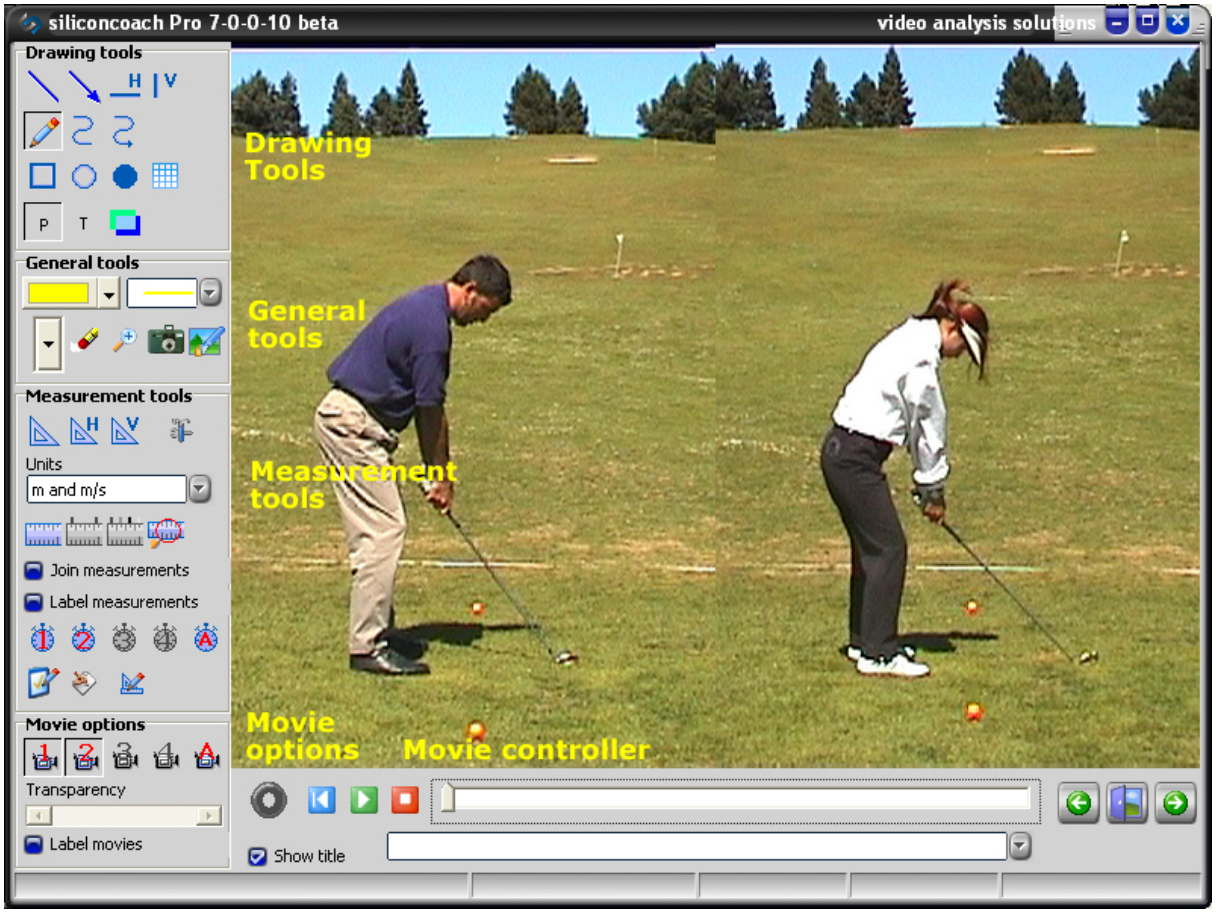
Note

- How the screen setups are played in sequence beginning from the first single screen. The presentation will stop playing at the first Manual Step defined screen setup and the screen will look like the Presentation Viewer in Figure 2.

Getting started in siliconcoach

Playing Presentations (continued)

Figure 2 Presentation Viewer



Presentation viewer

Under ‘Manual Step’ you can perform various analyses on the movie(s) in view, using the tools in the Presentation Viewer.

The next chapter describes these tools.

Chapter 3 Using the Tools

Overview

Introduction

The main tools of siliconcoach are shown in Figure 2 on the previous page. These tools provide the capability to analyse a movement and communicate the findings to others.

Topics

This chapter contains the following sections:

Topic	See Page
Drawing Tools	27
General Tools	37
Viewing Movies	40
Measuring Tools	45

Drawing Tools

Overview

Introduction

Drawing tools can be used to illustrate movements of interest and compare individuals when using split screens.

Topics

This section contains the following topics:

Topic	See Page
Buttons	28
Line Tools	29
Oval and Rectangle Tools	31
Grid Tool	33
Point Marker Tool	34
Permanent/Temporary Tool	35
Blend Tool	36

Drawing Tools

Buttons

Drawing Tool Buttons

The following table illustrates the tools available.

Icon	Button name	Click this to…
	Straight line tool	Draw a straight line
	Arrowed line tool	Draw an arrowed line
	Freehand tool	Draw a non-linear line
	Curved line tool	Draw a curved line
	Arrowed curved line tool	Draw an arrowed curved line
	Horizontal line tool	Draw a horizontal line
	Vertical line tool	Draw a vertical line
	Point marker tool	Track a point of interest
	Oval tool	Use the oval shape to enclose an area of interest
	Rectangle tool	Use the rectangle shape to enclose an area of interest
	Grid tool	Add a grid over a person to get reference points
	Permanent/Temporary tool	Set changes as permanent or temporary. When using these options, drawings will either stay or disappear when the frame is advanced.
	Blend tool	Blend the current frame with a subsequent frame.

Drawing Tools

Line Tools

Introduction

Line tools include:

- Straight line tool
- Arrowed line tool
- Freehand tool
- Curve line tool
- Arrowed curve line tool
- Vertical line tool
- Horizontal line tool

You will learn

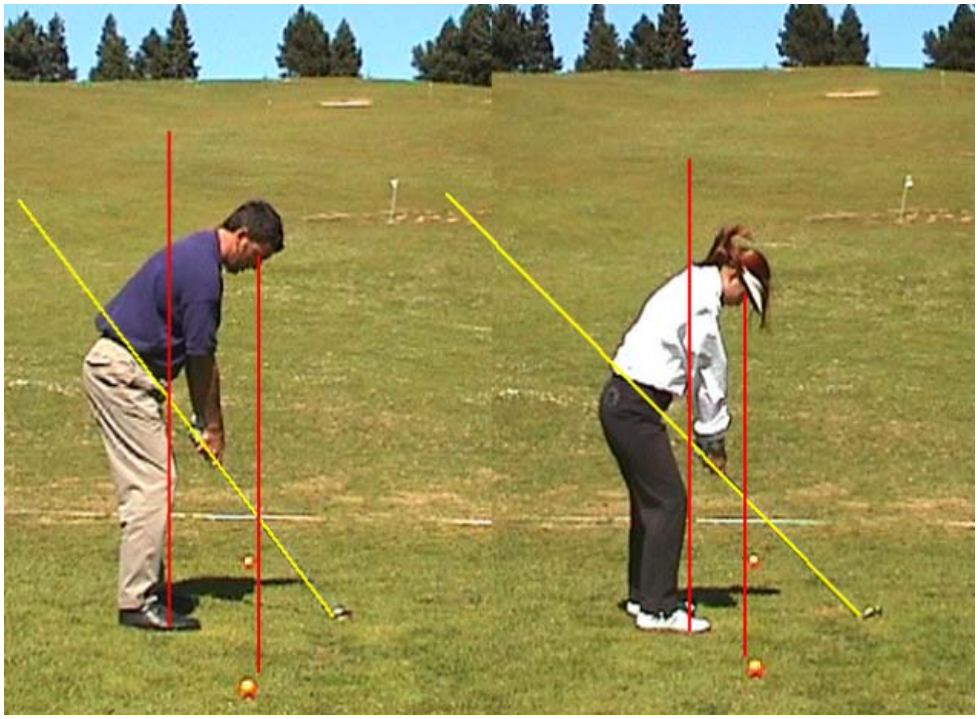
In the next task you will learn how to:

- Draw a line along the shaft of the golf club, and
- Draw lines so that you can find out where the golfer's shoulders are in relation to their base of support.
-

Tasks

Complete the following steps to draw the lines:

1. Make sure you are looking at the same video clip as in the image on the next page
2. Select the Straight line Tool.
3. Click and drag up the length of the golf club.
4. Release the mouse button when you are past the golfers back.
5. Select the red colour from the Colour Palette.
6. Select the Vertical Tool.
7. Click and drag from the golfer's mid-foot up past their shoulder.
8. Click and drag from the golfer's eye down to the ground.



Hot tips

To delete any drawings that you make, you can:

- Use the Erase button to select drawings you'd like to erase, or select the Erase All button to erase all drawings and measurements on the screen.

Your notes

Drawing Tools

Oval and Rectangle Tools

Purpose

Oval and Rectangle tools are used for enclosing an image in either an oval or rectangle shape.

You will learn

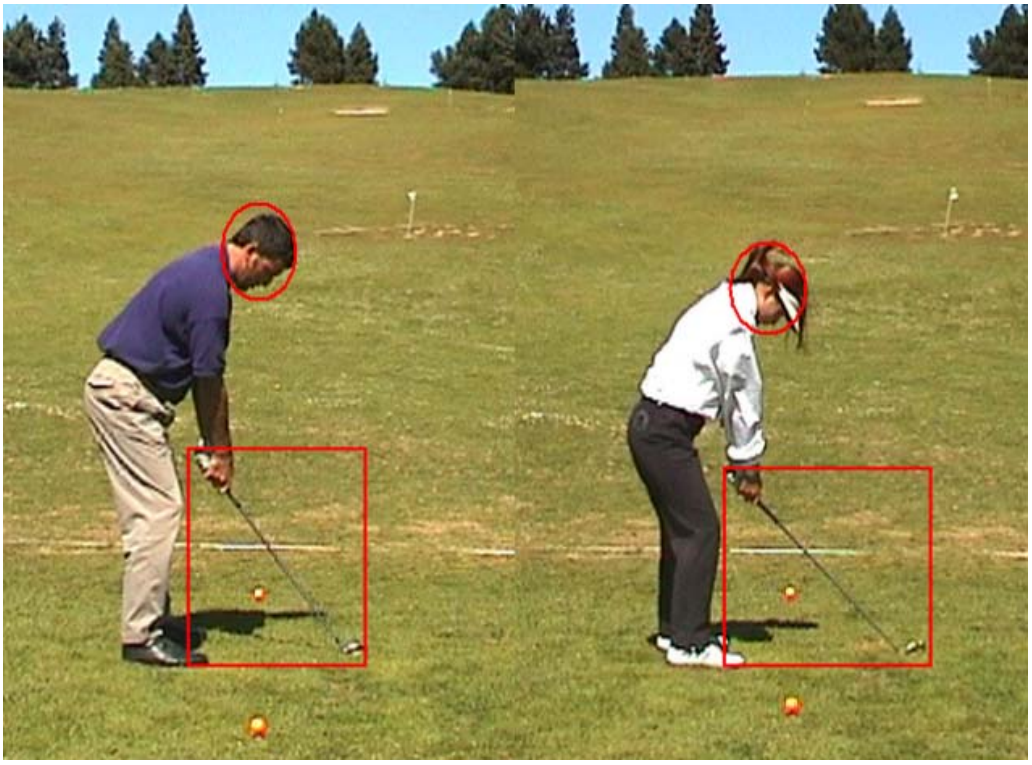
In the next task you will learn how to:

- Use the Oval and Rectangle tools to outline the position of the golfer's head and lower limbs.

Tasks

Complete the following steps to outline the golfers head and lower limbs:

1. Make sure you are looking at the same video clip as in the image below.
2. Delete the drawings you have made in the previous task by clicking the Erase All button of the Eraser tool.
3. Select the Oval tool.
4. Click and drag the mouse over the golfer's head.
5. Select the Rectangle tool.
6. Click and drag the mouse over the golfer's hands and the head of the club.



Hot tips

You can experiment with:

- Different colours to get the best contrast with the background by using the colour palette, and
- Different sized lines using the line thickness button .

Your notes

Drawing Tools

Grid Tool

Purpose

The Grid Tool can be useful as a reference, displaying a grid across an area of interest. For example, if there is a scale in the picture, the grid can be stretched along the scale to get a rough indication of distance.

You will learn

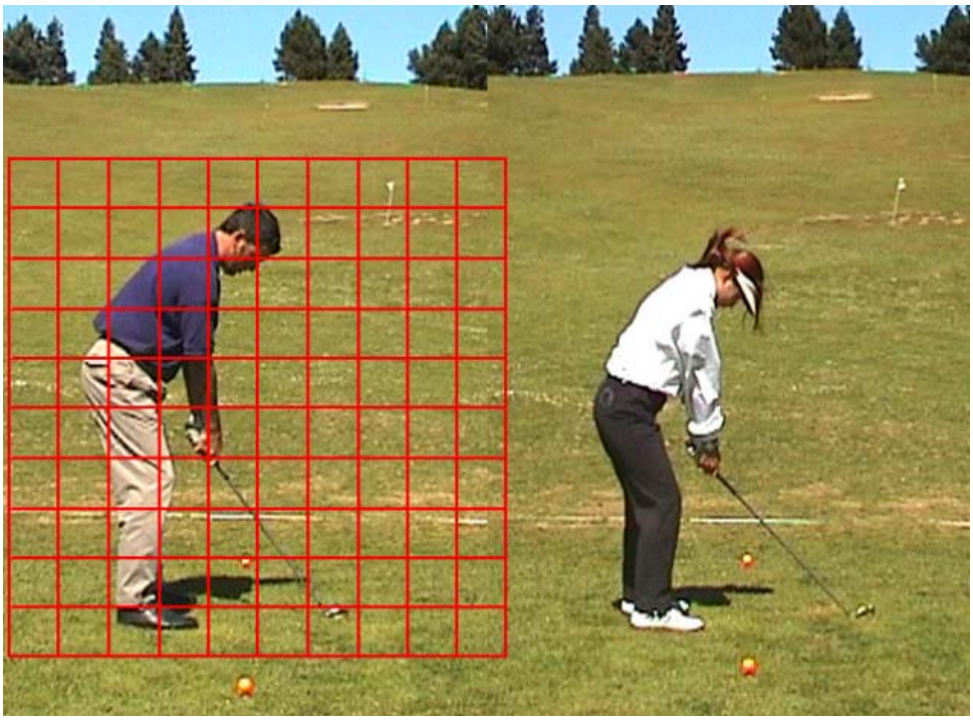
In the next task you will learn how to:

- Use the Grid tool to display a grid across an area of interest.

Tasks

Complete the following steps to use the grid tool:

1. Make sure you are looking at the same video clip as in the image below.
2. Delete the drawings you have made in the previous task.
3. Select the Grid tool.
4. Click and drag the mouse in a diagonal direction across the golfer.
5. Release the mouse. A 10 by 10 grid of lines will be created across the chosen area.



Drawing Tools

Point Marker Tool

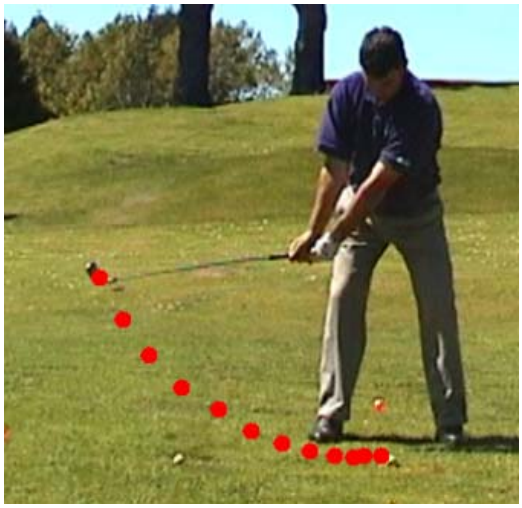
Introduction

The Point Marker Tool can work well with Movie Controllers to track a point of interest as the movie(s) play through.

Tasks

Complete the following steps to use the Point Marker tool:

1. If you have downloaded the front on view when you installed the software, change your video to it in the Presentation Builder then come back to the Analyse screen.
2. Click on the straight line tool
3. Draw one line for the head of the club through and past the golfer's shoulder as shown below.
4. Draw one line for the head of the club through and past the golfer's hip as shown below.
5. Click on the Point Marker button.
6. Click the left mouse button on the point of interest, e.g. Club head, to place a marker on it.
7. Repeat this as below



Hot tips

You can increase or decrease the size of the point by using the line thickness button .

Drawing Tools

Permanent/Temporary Tool

Introduction

The Permanent/Temporary Tool

is an option that may be used with the drawing tools to indicate whether drawings are to be permanent or temporary when the movie is stepped to the next frame.

Purpose

The tool can be used when:

- Temporary drawings are added to a specific image.
- New measurements are to be made in some frames without the previous measurements obscuring your view.

Tasks

Complete the following steps to use the Permanent/Temporary tool:

1. Click on the T (Temporary) button to change the drawing mode from permanent to temporary, complete your drawing.
2. Step to the next frame and note that the temporary drawings have been erased.

Drawing Tools

Blend Tool

Introduction

The blend tool allows you to capture a reference image and then advance the movie, so that each frame is blended with the reference image, therefore letting you see two frames at the same time. This helps you see how much a person has moved from the position they were in when you initially turned the Blend option on.

You will learn

In the next task you will learn how to:

- Use the Blend option to visualise the golfer's swing in a unique way.

Tasks

Complete the following steps to blend frames:

1. Use the Play and Pause button to play the movie and pause it at the top of the golfer's back swing.
2. Click on the Blend button.
3. Advance the movie using the play button and pause the movie when the club is about to strike the ball. Notice how easy it is to visualise how the golfer's body position has changed from the back swing to the point of impact.
4. Click on the Blend button to remove the blend.

General Tools

Overview

Introduction

The General tools include:

- Colour Palette
- Line Thickness
- Erase Tool
- Capture Screen Tool
- Capture Area Tool
- Zoom Tool

Buttons

The following buttons are General tools:

Icon	Button name	Click this to…
	Colour Palette	Bring up the colour palette and let you choose the colour of the drawing that you prefer.
	Line Thickness	List a drop down option for the thickness of your drawings.
	Erase Tool	Erase all or selected drawings and measurements.
	Capture Screen Tool	Capture the current screen and save it as a JPG file.
	Capture Area Tool	Capture a part of the current screen that you select by dragging an area on the screen with the mouse. The image is stored in the clipboard ready to be pasted into other software (eg Word or PowerPoint).
	Zoom Tool	Zoom in on a specific portion of the screen

Topics

This section contains the following topics:

Topic	See Page
Erase Tool	38
Zoom Tool	39

General Tools

Erase Tool

Introduction

The Eraser Tool is used for undoing some or all of the drawings or measurements you have made.

You will learn

In the next task you will learn how to:

- Use the Erase all button of the Erase tool to erase all the drawings; and
- Use the drop down list of the Erase tool to erase the selected drawings and measurements.

Tasks

Complete the following steps to erase drawings and measurements:

1. Make a few drawings and measurements.
2. Click on the drop down list button and select one or two drawings that you want to erase.
3. Now click on Erase all button to erase all the measurements and drawings that you just made.

Your notes

General Tools

Zoom Tool Pro

Introduction

The Zoom tool is a small window that lets you zoom in on a portion of the screen where you have positioned the cursor. There are a number of zoom levels available. The Zoom tool window can also be stretched and repositioned.

You will learn

In the next task you will learn how to:

- Use the Zoom tool so you can zoom in on a specific portion of the screen; and
- Increase the magnification of the window.

Tasks

Complete the following steps to zoom in on a specific portion of the screen:

1. Click on the Zoom tool button.
2. Click on the Title Bar at the top of the Zoom tool window and drag it to a new position.
3. Move the cursor over the golfer's hands and look at their grip.
4. Move the cursor over the Zoom tool window and change the magnification.

Your notes

Viewing Movies

Overview

Introduction

You have already learned how to play movies using the Play Options Buttons. You now need to learn about viewing movies. You can control which movie(s) you wish to play and what part of the movie(s) you wish to view.

Topics

This section contains the following topics:

Topic	See Page
Movie Controllers	41
Movie Selectors	43

Viewing Movies

Movie Controllers

Introduction

You may need to track the movements of an object or point on the body in motion. You can do this by tracking the point frame by frame and marking where the point appears on each frame.

Purpose

Movie Controllers are used to:

- Play or Pause the movie.
- Go back to the beginning of the movie.
- Step forward or back through the current movie frame by frame
- Close the current screen set up in order to move on to the next or previous screen setup in the presentation.

Buttons

The following buttons are movie controllers:

Icon	Button name	Click this to…
	Play	Play the movie
	Pause	Pause the movie Click again to continue the movie
	Beginning	Go back to the beginning of the movie
	Next Screen	Close the movie and advance to the next screen setup.
	Previous Screen	Close the movie and advance to the previous screen setup.
	Exit Presentation Viewer	Exit the presentation viewer and go back to presentation builder.

Control slider

The movie control slider allows you to step forward or backward through the movie:

You will learn

In the next task you will learn how to:

- Close the current screen setup to advance to the next screen setup
- Advance to the next screen setup, and
- Advance the movie frame by frame so that you can use the Point Marker Tool to track the movements of the golf club head.

Continued on next page

Viewing Movies

Movie Controllers (continued)

Tasks

Complete the following steps to advance a movie frame by frame and use the point marker tool to track the movement of an object:

1. Click on the Next Screen Button to advance to the next screen setup.
2. Select the Point Marker Tool.
3. Click on the head of the golf club.
4. Press the Right Arrow key on the keyboard to move forward to the next frame.
5. Repeat steps 3 and 4 until the golfer has completed his swing.

Note

- If the points are spaced evenly, the object you tracked travelled at a constant speed.

Hot tips

You can:

- Click on the right hand mouse button at any time to advance a movie frame by frame. This can save lots of time when you are repeating measurements or drawings on each frame.
- Hold down the right mouse button to advance through multiple frames.

Viewing Movies

Movie Selectors

Introduction

During split screen setups you can play movies independently using the movie selector buttons. By default all movie selectors shown will be depressed so that all movies will play simultaneously.

Purpose

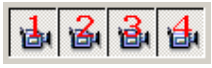
By deselecting the movies using the movie selector buttons you can play each movie separately. This gives you one way to synchronise the movies to a common point in time. For example, with the golf movies we want to make sure that both the side and front shot connect with the golf ball at the same time. To do this we can advance each movie separately until both movies are displaying contact with the ball, which is the common point in time we selected.

Note

- A better way of synchronising movies is to use the Movie Editor. Please refer to page 59 for instructions on how to synchronise using the Movie Editor.

Movie selector buttons

The following buttons are movie selectors:

Icon	Button name	Click this to…
	Movie 1, 2, 3 etc	Deselect the movie. Movies are deselected when the button is up.
	A	Select all movies available

Notes on buttons

The default position for movie selector buttons is down.

- If you click on the buttons when they are **down**, they will move to the **up** position.
- If the button that relates to a movie is up then the movie will not respond to any of the forward/backward commands when you use any of the movie controls.

Example:
In a two screen setup, if the button for movie 2 is in the up position, only movie one advances when the Step Forward or Play button is clicked.

You will learn

In the next task you will learn how to:

- Use the Movie Selector buttons to play movie 1 and 2 up to ball contact, and
- Play each movie independently.

continued on next page

Viewing Movies

Movie Selectors (continued)

Tasks

Complete the following steps to use the Movie Selector Buttons to advance movies 1 and 2 up to ball contact:

1. Click on the Next Screen Button to advance to the next screen shot. You should now see a 2-screen view of the same golfer.
2. Click on the Movie 2 Selector Button to disable movie 2 and advance movie 1 to ball contact. You may need to use the Movie Controller to move forward or backward frame by frame.
3. Click on the Movie 2 Selector Button to re-enable it, and then click on the movie 1 selector button to disable it. Advance movie 2 to ball contact.

Note

- With the 2 screen view, only two options are given for the movie selector.

Your notes

Measuring Tools

Overview

Introduction

siliconcoach Pro or Student are also capable of calculating key biomechanical variables such as angles, distances and speeds. This is particularly important if you want to quantify any motion, compare technique between athletes or determine the effects of an intervention on performance. For example you may want to quantify changes in speed of a sprinter following a strength and power training intervention.

Measuring tools can be used to measure:

- Times
- Angles
- Distances.

Topics

This section contains the following topics:

Topic	See Page
Angle Tools	46
Distance Tools	49
Timing Tools	52
Recording Measurements	53

Measuring Tools

Angle Tools

Introduction

Measurement of joint angles of the human body is important in describing a given motion.

Purpose

siliconcoach Pro or Student can calculate 3 types of angles as follows:

- Normal angle
- Horizontal angle
- Vertical angle.

Important Note

Because siliconcoach Pro or Student is a two-dimensional motion analysis system, you must make sure that the angles you calculate are not 'out of plane' with the video camera. The camera position is therefore very important to enable you to calculate the appropriate angles that you require and should be placed perpendicular to the plane of motion.

Buttons

The following buttons are angle buttons.

Icon	Button name	Click this to…
	Normal angle tool	Calculates an angle between any three points
	Vertical angle tool	Measure the angle relative to a vertical line
	Horizontal angle tool	Measure the angle relative to a horizontal line

continued on next page

Measuring Tools

Angle Tools (continued)

You will learn

In the next task you will learn how to:

- Calculate the angle of a knee by using the Normal Angle tool.

Tasks

Complete the following steps to calculate the angle of a knee:

1. Use the previous presentation but advance or retreat through the presentation until you get the side on view like in the image below,
2. Select the Normal Angle tool.
3. Click on the hip, knee and ankle to define this angle.
4. The actual angle in degrees is displayed next to the drawing of the angle in the status bar at the bottom of the screen.

Note

- The angle is calculated from the first defined line, to the second defined line in an anticlockwise direction.
- If you want to measure the other side of the angle, click the points in reverse order (eg ankle, knee and then hip)

-continued on next page

Measuring Tools

Angle Tools (continued)

Horizontal and Vertical Angles

It is often of interest to calculate the angle of a body segment relative to a horizontal or vertical reference. For example, the knee angle calculated in the previous step may be 139º, but this does not say where the thigh or lower leg is relative to the ground. Your athlete may be upside down and still have a knee angle of 139º!

You will learn

In the next task you will learn how to:

- Determine where the golf club is relative to the vertical.

Tasks

Complete the following steps to determine where the golf club is relative to the vertical:

1. Delete the angles you have made in the previous task by using the Eraser Tool.
2. Select the Vertical Angle tool.
3. Click on the top of the golf club and move the mouse in a downwards direction, following the line of the golf club.
4. Click the mouse when you are satisfied with the orientation and length of the angle's sides. The vertical angle will now be calculated and displayed.

Note

- These types of angles are useful for comparing technique between individuals.
- If you advance the movie frame by frame and keep calculating the angle of the club to vertical, you will notice that the club head moves towards the camera, introducing error into the measurement. Because golf involves many rotations, measurement of body angles during a golf swing can be prone to errors, especially if you are comparing the swing of two different people.

Measuring Tools

Distance Tools

Introduction

As well as angles, siliconcoach Pro or Student can calculate distances and speeds.

Take Care

There are a few precautions when using these measurement functions:

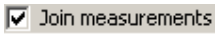
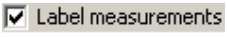
- Continuous measurements cannot be made if the camera is panning or moving
- A scale must be set each time a different camera view is used
- It is recommended that you only take distance measurements with single screen setups to improve accuracy and ensure that the correct scale is set
- Measurements cannot be taken accurately if the camera is zoomed during the period of interest
- Be wary of measurements taken when the subject moves out of the plane that is perpendicular to the camera.

Purpose

By using the distance tools you can:

- Set a scale for measurements within the field of view of a movie
- Calculate the distance between any two points in a movie
- Determine speed of an object across a number of frames by marking the object's position in the respective frames. The speed can be measured in m/s, km/hr, ft/s or miles/hr.

Buttons

Icon	Button name	Click this to…
	Set Scale	Set the scale
	Discrete Measurement	Calculate a distance between any two points
	Continuous Measurement	Determine the change in distance of an object across a number of frames
	Join Measurements	Join the points with a line when making continuous or discrete measurements
	Label Measurements	Name your measurements for later reference in the measurement spreadsheet.

You will learn

In the next task you will learn how to:

- Set a scale within the field of view of the movie;
- Calculate the distance between the golfer's feet; and
- Determine the speed of the golf club throughout the range of the swing.

Continued on next page

Measuring Tools

Distance Tools (continued)

Tasks

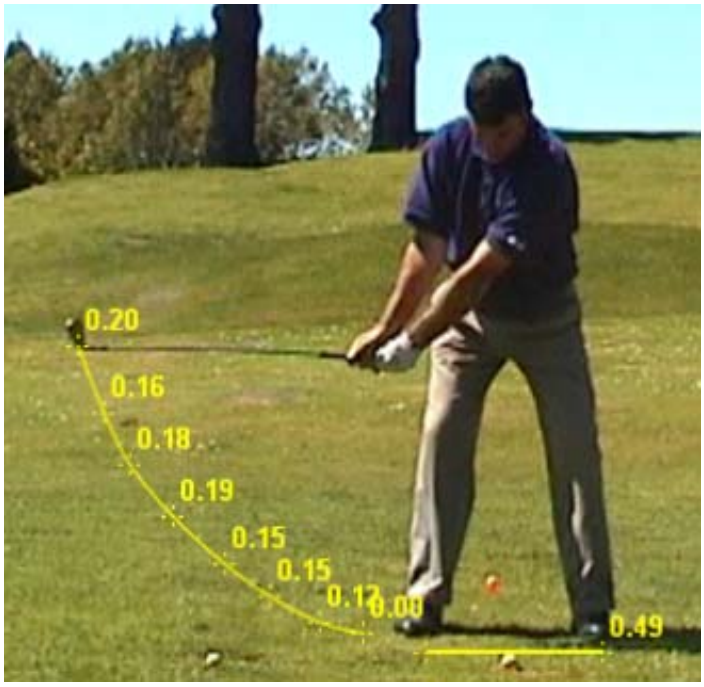
Complete the following steps to set a scale, calculate the distance between the golfer's feet, and determine the speed of the golf club throughout the range of the swing:

1. Use the Exit button in the lower right of the screen to exit the Presentation Viewer and return to the Presentation Builder.
2. Press the Movies button on the side bar and select the Golf sub-folder from the Demos folder.
3. Assuming you loaded this movie during installation, drag and drop the 'Face on1.ai' movie on top of one of your current movies in the Single manual screen setup to replace it with this one (also see page 9). Note: You will have needed to have downloaded it when you installed your software.
4. Right click on that Single screen setup that has a Manual Step mode.
5. Click Play from Selection to begin playing the presentation from this single screen setup so it looks like the image below.
6. Click on the Set Scale button and you will need to click on two points in the movie that are a known distance apart. You will notice that to each side of the golfer there are markers set in the ground. These markers are 3 m apart, so if you click on both markers and type "3" into the scale dialogue box that appears, a 'scale' will appear in the lower left hand side of the screen eg. 204 pixels/m.
7. Click on the Discrete Distance button . To calculate the distance between the golfers feet click on each foot. The distance should be about 0.4 m.
8. Click on the Continuous Distance button , then click on the club head.
9. Advance the frame by 1 and click on the club head again.
10. Advance the frame by 1 and click on the club head again.
11. Repeat steps 7 and 8 to show how far the club head has moved with each frame, and hence the club head speed throughout the swing.

Note

- You can also determine the average speed across a number of frames by advancing the movie more than 1 frame before clicking on the point of interest.
- View your changes in distances and speeds in the Measurement Spreadsheet (See Recording Measurements on page 53).

continued on next page



Caution

These are linear distances (and speeds), so if you click on the golf club at the start of the swing and the club travels 360 degrees, then you click on the club head again the average speed will be zero!! Be aware that average speed will be more useful when dealing with linear motion as opposed to angular motion.

Hot tips

You can experiment with:

- Selecting Join Measurements and making some continuous measurements and some discrete measurements;
- Selecting the Label Measurements to label the measurements with a name that you prefer.

Your notes

Measuring Tools

Timing Tools

Introduction

If you are interested in calculating temporal data from the captured movies, you can use the Timing tools.

Purpose

Timing tools can be used to display real-time stopwatches in the corner of each movie. As with the Movie Selectors, each movie has its own stopwatch and is set to zero by clicking on the corresponding movie number.

Buttons

The following buttons are timing tools:

Icon	Button name	Click this to…
	Show Stopwatch	Show the stopwatches for each movie.
	Stopwatch 1,2 etc	Reset the stopwatch.

You will learn

In the next task you will learn how to:

- Use the stopwatch function to find the time it takes to perform the golf swing.

Tasks

Complete the following steps to time the swing:

1. In the Dual screen view, click on the stopwatch button.
2. Click on the Step Forward button to play the movie, until the club begins to move into the backswing.
3. Reset the stopwatch.
4. Play through the movie until ball contact. The stopwatch will show you the time in seconds that the swing has taken.

Your notes

Measuring Tools

Recording Measurements

Introduction

Any measurements that you make in siliconcoach Pro or Student are saved in a data spreadsheet known as the Measurement Spreadsheet and can be saved and opened later in Microsoft Excel, or similar spreadsheet applications.

Features

The Measurement Spreadsheet can export data in an Excel readable format. The saved file will open in Excel if you have it installed on your computer.

Purpose

By using the Measurement Spreadsheet you are able to graph information and undertake further analysis.

You will learn

In the next task you will learn how to:

- View measurements you have made;
- Type in information relating to measurements; and
- Open the Measurement Spreadsheet in Excel.

Tasks

Follow these steps to view measurements, type in information, and open the Measurement Spreadsheet in Excel.

1. Click on the Show Measurements icon .
2. Select the measurement(s) you wish to export by placing a check mark next to the item(s).
3. From the File menu, select Export Selected Measurements to export measurements you have selected or Export All Measurements to export all of the measurements in the spreadsheet.
4. A File Save dialogue will open, navigate to a folder where you wish to save the file, type in a file name and click Save.
5. A dialogue box will open asking if you want to open the file you just saved. The file saved in CSV (comma separated format) and will open in the application associated with this format (Excel will open the file if you have it installed on your system).

Chapter 4 Building Presentations

Overview

Introduction

Now that you have an understanding of the major functions and tools available, we will take a step back to the Presentation Builder and step through the building process of the presentation in more detail.

Topics

This chapter contains the following sections:

Topic	See Page
Using Existing Templates	55
Creating Your Own Templates for Presentations	61

Using Existing Templates

Overview

Introduction

siliconcoach Pro or Student comes with a number of templates that are empty presentations waiting for movies to be placed in them. These templates are found in the 'Templates' folder and can be viewed when the Templates button is selected (See Function Buttons in Figure 1 on Page 22).

Topics

This section contains the following topics:

Topic	See Page
Opening a Template	56
Adding and Replacing Movies in a Presentation	57
Synchronising Movies	59

Using Existing Templates

Opening a Template

Introduction

Templates are presentations without any movies in them. They are used as the basis for building new presentations.

You will learn

In the next task you will learn how to:

- Open a template.

Tasks

Follow these steps to open a template:

1. In the Presentation Builder screen click on the Templates button. A list of templates will appear.
2. Double click on the 'Standard - 2.pre' template to load the template into the Presentation Tree. Note how the movies in the Movie placeholder are called View 1 and View 2. Also note the Top and Tail movies at the beginning and end of the presentation.
3. View the other templates available and note the configuration of the screen setups.

Note

- The first series of screen setups in each of these templates are under Full Speed mode, follow by screen setups under Auto Step mode then the final screen setups are under Manual Step mode.
- In *Standard* templates the first series of screen setups in each of these templates are under Full Speed mode, follow by screen setups under Auto Step mode then the final screen setups are under Manual Step mode.
- In *Short* templates the first series of screen setups in each of these templates are under Full Speed mode, follow by screen setups under Manual Step mode.

Your notes

Using Existing Templates

Adding and Replacing Movies in a Presentation

Introduction

Once you have chosen a desired template with screen setups that meet the needs of the presentation you have in mind, your movies can be added.

Purpose

You can customise your presentations by adding and replacing movies.

You will learn

In the next task you will learn how to:

- View the movies available for your presentation;
- Add the movies into the presentation tree; and
- Replace movies in a presentation.

Tasks

Follow these steps to view the movies available and add the movies into the presentation:

1. Double click on the 'Standard - 2.pre' template.
2. Click on the 'Movies' button to view the movie files. Clicking on the Movies button will open the *Clients* folder by default.
3. Open the Diving folder by clicking on the Demos folder, and then Diving folder.
4. Double click on each of the movies in the Diving folder. This will move them into the View 1 and View 2 movie locations in the Presentation Tree to create a diving presentation (you can also 'drag and drop' movies).
5. Play the presentation.
6. When the presentation has finished playing through close it by selecting Close Presentation from the File menu. When you are asked to save changes, click No.

continued on next page

Using Existing Templates

Adding and Replacing Movies in a Presentation (continued)

Hot tips

You can:

- Use Ctrl-Z to undo any mistakes that you may make.
- Exit a playing presentation at any time clicking on the Exit button .

Note

- This tip will only work when you have an empty presentation with the movies named View 1, View 2, View 3 and View 4.
- To replace an existing movie that is within your presentation, just click and drag the new movie on top of the existing movie file. siliconcoach will automatically replace other instances of the old movie with the new one. Therefore you only have to drag the new movie into place once, and the other instances of the old movie file will be replaced automatically.
- This replacement will occur in the screen setup that you have dragged the movie into and all screen setups below it that contain the same movie.

Your notes

Using Existing Templates

Edit Movies

Introduction

Although we have already seen that we can control the movies in split screens independently of one another to achieve a synchronous point in time, there is a better way of synchronising movies. This is done by using the Movie Editor.

Purpose

You can use the Movie Editor to:

- Set the vertical or horizontal area that you want to view in the Vertical or Horizontal orientation Dual screen setup.
- Flip the movie.
- Choose the Field order.
- Set the In and Out points in the movie. The In point and Out point are the start and end points of the movie.
- Set a synchronous point, examples could be:
  - Ball contact;
  - Hand entry in swimming; and
  - Heel strike during running.

You will learn

In the next task you will learn how to:

- Open the Movie Editor; and
- Set the In, Synchronise (Synch) and Out points.

Tasks

Follow the steps below to open the movie editor and synchronise the movie:

1. Open a ‘Standard - 2.pre’ template presentation and double click the ‘2001-4-29-Down Plane1.avi and ‘2001-4-29-Face On1.avi’ movies into the presentation. These movies are located in the ‘C:/siliconcoach/demos/Golf’ folder.
2. Once the movies are in the presentation double click the movie in the movie placeholder to open the Movie Editor.
3. Use the slider to position the movie at the frame you want to use as the starting frame, and then click the In Point.
4. Use the slider to position the movie on the synchronisation frame (ball contact in this task), and then click on Synch Point.
5. Use the slider to position the movie at the frame you want to be the last frame, and then click Out Point.

Continued on next page

Using Existing Templates

Edit Movies (continued)

Note

- This will only be entered on the split screen setups where synchronisation is required.
- If you set the synchronous point for one movie and Apply to all movies, this point will be used for that movie and all subsequent instances of that movie in the presentation. Therefore you only have to set the synchronous point in a movie once.

Hot tips

- By default the In Point button is highlighted in blue. By using the movie slider to go to the desired beginning of the movie and hitting ENTER on the keyboard, the start of the movie will be recorded.
  After hitting ENTER, the Synch Point button will be highlighted. Move the slider along to the synchronisation point and hit ENTER again. This will store the synchronous point and then highlight the Out Point button.
  Now you can slide to the end of the movie and hit ENTER again to record the end point of the movie.
- When the movie editor is active the left and right arrow keys are used to play through the movie to the desired point.

Flipping Movies

Movies can be flipped left to right, which can be helpful for comparing left and right-handed athletes. It can also be useful for comparing left and right limbs if your subject has moved past the camera from left to right and right to left.

To flip the movies, simply select Yes from the Flipped selection in the Movie Editor. If a movie has been flipped, the word 'Yes' is selected. Otherwise the movie will play as normal and 'No' is selected.

Note

- You can't flip a Full Speed movie.

Your notes

Creating Your Own Templates for Presentations

Overview

Introduction

You can create your own templates or one-off presentations by creating a series of screen setups or by re-arranging current presentations.

Topics

This section contains the following topics:

Topic	See Page
Deciding on your Screen Setup	62
Modifying Existing Templates	64

Creating Your Own Templates for Presentations

Deciding on Your Screen Setup

Introduction

The first decision in creating a template or new presentation is choosing the most appropriate screen setups to show your movies. This is often determined by how many separate camera angles you have of the movement of interest. For example, split screens will be particularly useful to analyse the same movement from different camera angles.

Features

The following screen setups are available in both Auto and Manual format:

Screen	Description
Single Screen	Takes up the whole screen
Dual Screen	Two movies per screen. In the Presentation Editor, you can choose whether the Dual Screen Orientation is Full size, Vertical, Horizontal or Overlay.
Triple Screen	Three movies per screen.
Quad Screen	Four movies per screen. This is the maximum number of movies that can be displayed simultaneously.

Purpose

By creating your own templates you can customise your presentations.

You will learn

In the next task you will learn how to:

- Add screen setups to a presentation;
- Move the screen setup to the beginning of the presentation; and
- Create your own template.

Creating Your Own Templates for Presentations

Deciding on Your Screen Setup (continued)

Tasks

Follow the steps below to add screen setups to a presentation, move the screen setup to the beginning of the presentation, and create a template.

1. Close any current presentation by clicking on Close Presentation on the File menu.
2. Open the Swimming demo presentation. It is located in the 'C:\siliconcoach\Demos\Swimming' folder.
3. Click on the 'Screen Setups' button on the Presentation Builder to display the different screen setups available.
4. Double click on the Dual Manual Horizontal.ssu setup to add it to the existing presentation. Repeat to add another Dual Manual Horizontal screen in the presentation. The screen setup will be appended to the end of the current presentation.
5. To move the two Dual screen setups to the beginning of the presentation, highlight BOTH Dual screen setups and drag them to the place you want then drop them. To do this you can select them with the mouse in the Presentation tree.
6. Right click the mouse within this highlighted area and choose cut from the options available.
7. Highlight the first Single screen setup following the introduction movie. Right click this highlighted cell and choose paste from the options. This will add the two screen setup into this space and push the other screen setups down.

Hot tips

Any cutting and pasting mistakes can be undone by using Ctrl Z. Standard keyboard shortcuts are also available, i.e. Ctrl C, Ctrl V and Delete Key.

Your notes

Creating Your Own Templates for Presentations

Modifying Existing Templates

Introduction

Existing templates can be modified easily by cutting and pasting or adding different screen setups. You can save these templates and use them for repeated analyses. Once you have created a template then the process of creating presentations is streamlined and you can re-use the template over and over again.

Purpose

You can modify existing templates when you want to:

- Alter the order of the presentation
- Add different screen setups
- Use templates for repeated analyses of different athletes

You will learn

In the next task you will learn how to:

- Alter the order of a presentation and save a template.

Tasks

Follow the steps below to alter the order of a presentation and save a template:

1. Highlight a screen setup.
2. Right click the highlighted area and choose cut, copy or paste. Alternatively use the Edit menu for the same functions to make your changes.
3. After you have made your changes, or if you would like to create a new template from the existing one, click Save As on the File menu and select Template from Save As sub menu.
4. Provide the template with a name that is relevant to the analysis and that you will remember later on.

Your notes

Chapter 5 Video Capture and Import

Overview

Introduction

Each capture card comes with its own interface and the standard of these interfaces varies in quality. siliconcoach Pro or Student has a program to simplify the capture process. This section describes the Video Capture program.

Topics

This chapter contains the following sections:

Topic	See Page
Starting the Video Capture	66
Setting up for Video Capture	68
Capturing Videos	70
Trim/Recompress the Movies	75
Managing Your Files	79

Starting the Video Capture

The Capture Screen

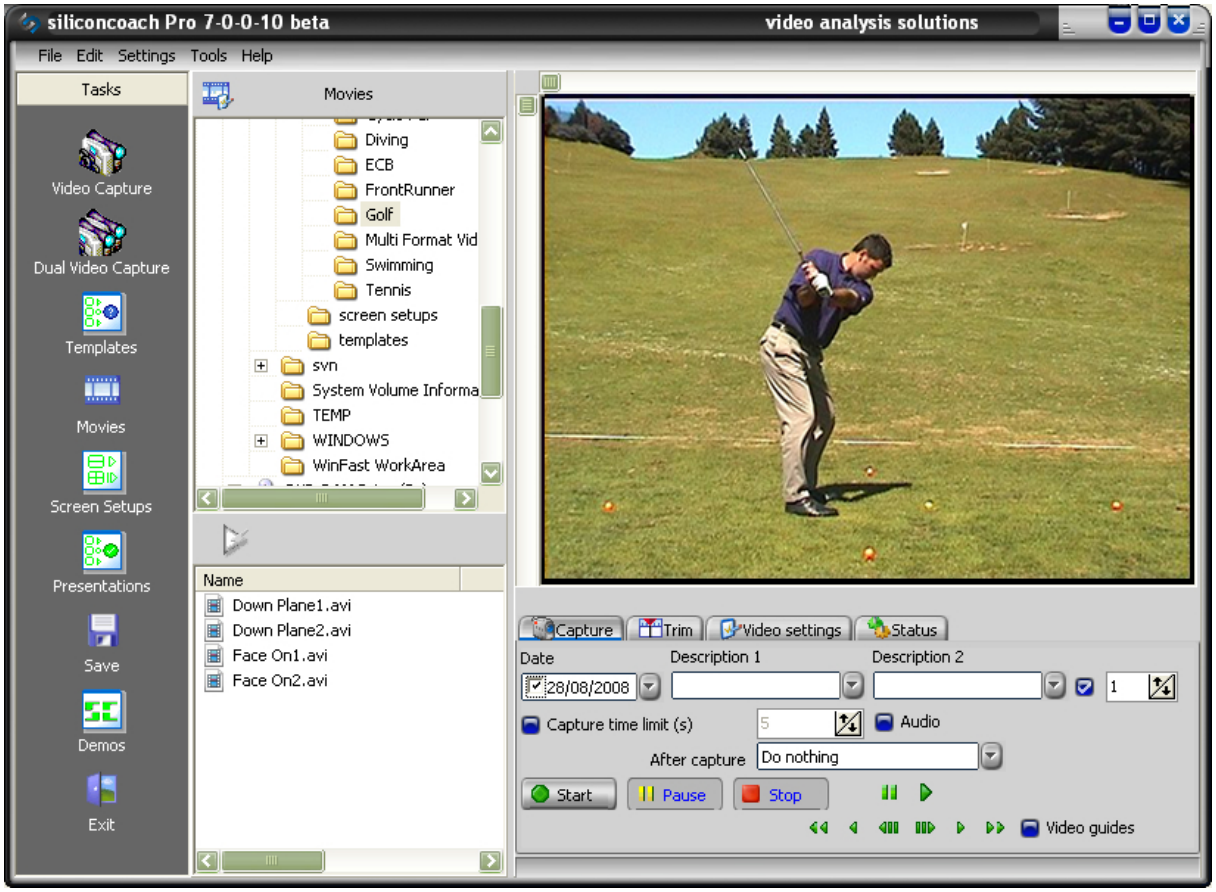
Introduction

The Capture screen is where movie files are captured and saved.

Tasks

Complete the following step to open the Capture Screen:

1. Click on the Video Capture button in the Function Tab to open the Capture Screen as the figure below. The Capture screen will appear as follows:



Starting the Video Capture

The Capture Screen (continued)

Buttons

The following buttons on the Capture screen:

Buttons	Description
Start button	To Start capture.
Stop button	To Stop capture.
Camera control	Allow you to play, stop, forward and rewind in the camera control.
File name	Let you name your file with date, name and auto increment number.
Directory and File lists	Allow you to manage your file and provide right click features.

Setting up for Video Capture

The Settings Screen

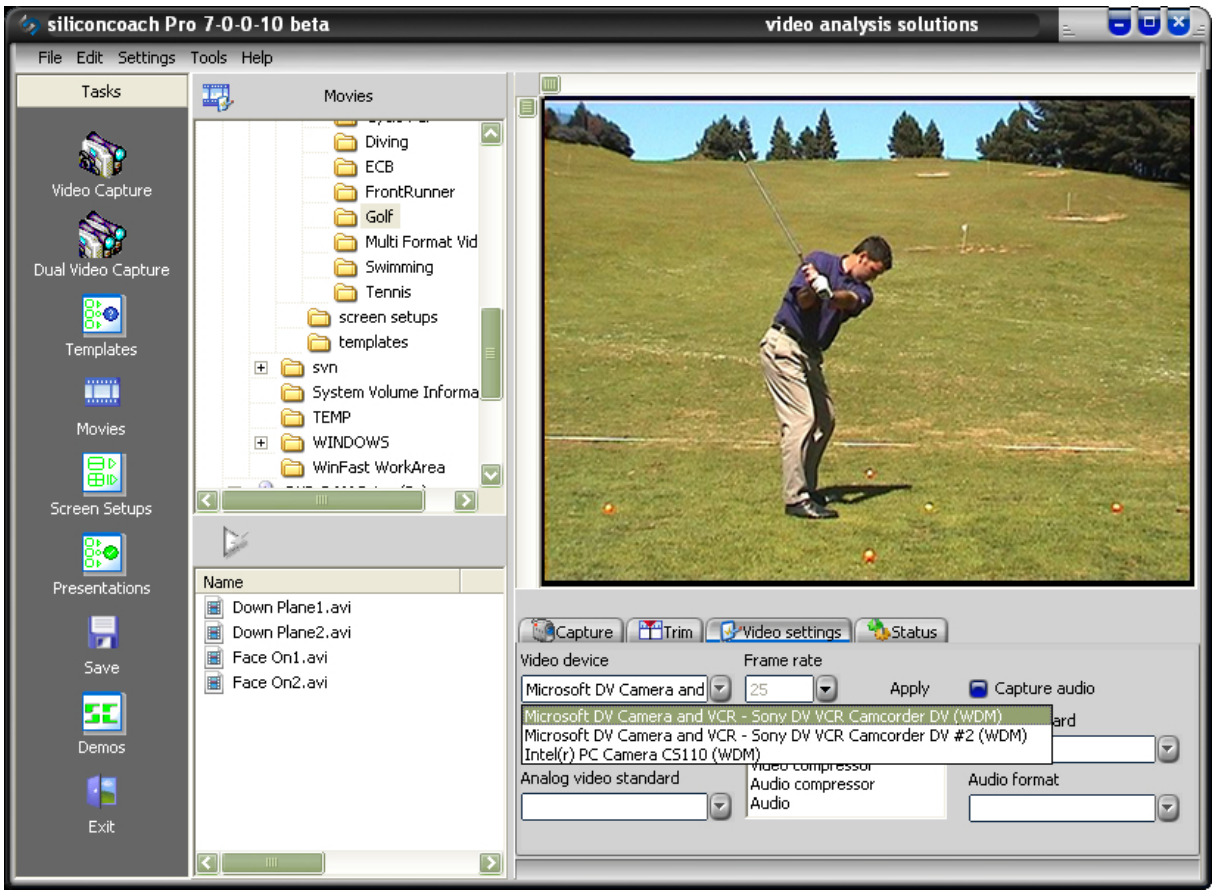
Introduction

The Settings screen provides you with instructions for setting up your video capture and ensuring it is properly configured.

Tasks

Complete the following step to open the Settings Screen:

1. Click on the Settings tab below the Capture screen. The Video Settings screen will appear as follows. Notice the **Video Device** pull-down has been selected to reveal all the compatible cameras connected to this computer



continued on next page

Setting up for Video Capture

The Settings Screen (continued)

Configurations

The following configurations are on the Settings tab, in almost all cases, sensible defaults have been chosen for you and you do not need to make any changes:

Configurations	Description
Video device	Automatically detect the video camera source that you are using.
Size	Set the Size of the video. Note, for some video sources, you cannot specify the size.
Sub Type	Sub type of the Video device. Note, for some video sources, you cannot specify the subtype.
Frame rate	The frame rate would set on default. Note, for some video sources, you cannot specify the frame rate (eg from MiniDV cameras).
Apply	Apply the changes to the frame rate.
Analogue Video Standard	Select the correct standard for your video source from the drop down menu. It's only available when you use analog video camera.
Audio	Select the audio device
Format	You may set the audio format to default or you can choose the format in the drop down list.
Capture Audio	Select the tick box to capture the audio.
Mute	Select the Mute tick box to mute audio while you are working on the Capture screen.
Vendor Device Settings	Provides access to manufacturer specific configuration dialogs

Important note

- The settings made available to you are dependent on the type of video card you have. Each manufacturer provides a settings dialogue with their own layout and features, but we will only deal with those settings that are necessary for setting up your video card for basic capture. Please refer to the documentation that comes with your video card for further information about the settings and dialogs provided by your video cards manufacturer.
- Some options may be greyed out and unavailable depending on the type of video card you have. In these cases the manufacturer or operating system will automatically have selected a default setting which you have to use.

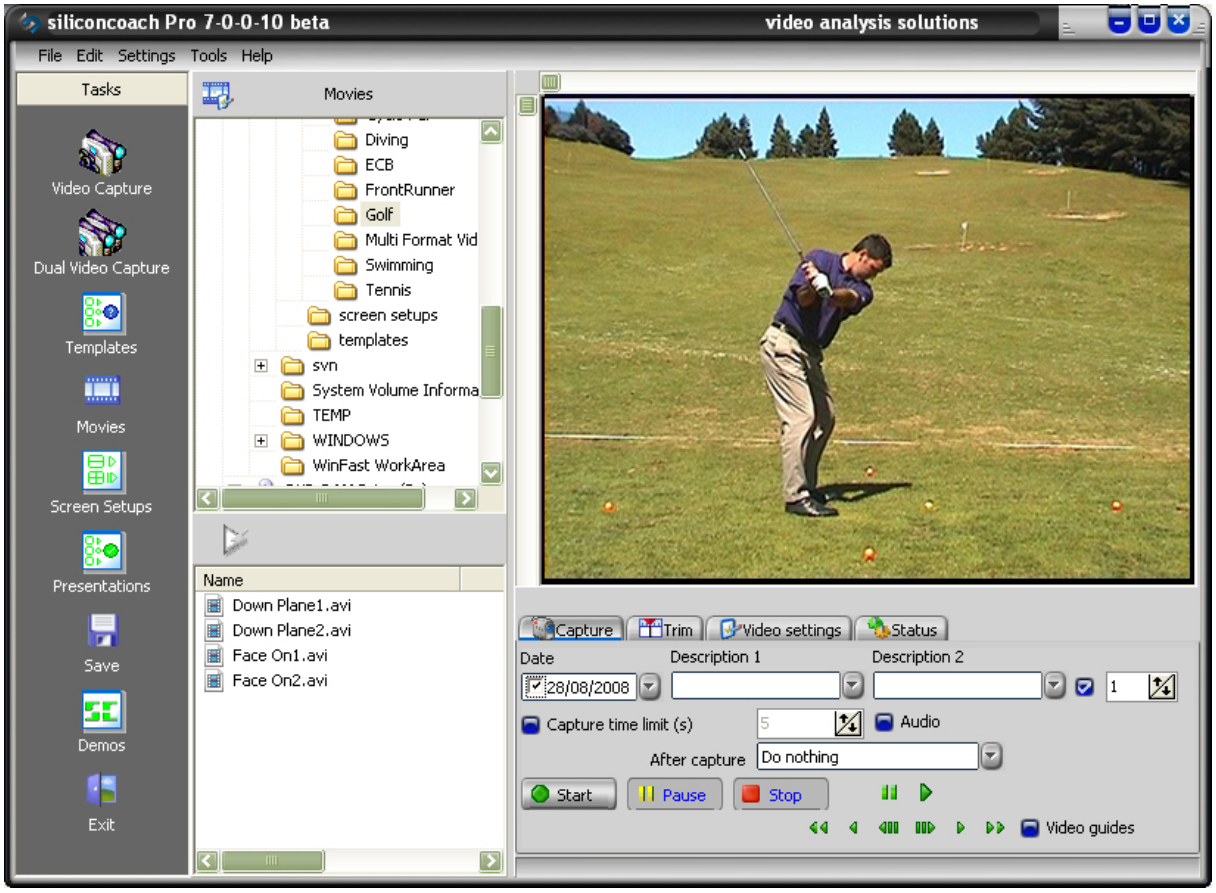
Capturing Videos from a Single Camera

How to Capture Videos

Introduction

The Video Capture screen is where the capture of movie files is performed. As with other screens within Video Capture, instructions appear on the screen to assist you with your selections.

A key point is you give your files a description (name) before you press the capture button.



Tasks

To capture a video please follow the steps:

1. Connect your camera to your PC and turn the camera on. Remember MiniDV cameras are the easiest and best cameras to use.
2. Click on the Video Capture button.

3. In the File description section, type in a description for the movie clip that you are about to capture. We provide four convenient ways to let you name your captures: Date, Description 1, Description 2 and Auto Increment numbers.
4. Use the Directory and Folder list to specify the folder where you want to save the file. If you want to create a new folder you can right click the folder list and select Explore (Windows Explorer) and create a new folder just as you would normally do in Windows (you are not in siliconcoach when you are doing this).
5. When you are capturing using Firewire (IEEE 1394) to connect to you Mini DV camera, clicking on the Start button will automatically play the camera. If you are capturing a live event and can see it on the screen, just press Start Capture.
6. You can choose to set the 'After capture" option. Here you can set the system to load your captured video file into a premade presentation and go straight to the analyse screen (Quick Present and play). This is a great time saver.
7. Click on Stop button when you have captured the desired movie sequence.

Movie size

As movies are large in size – about 3 MB per second, you should only capture from a short time before the event of interest to just after the event of interest. This will help conserve disk space.

Capturing Videos from Two Cameras

How to Capture Videos

Introduction

A new feature to Pro 7 is Dual Capture. This very useful process is also very resource hungry and may not work properly on old machines. In addition you need two MiniDV cameras and each one must have its own Firewire card, not just its own plug.

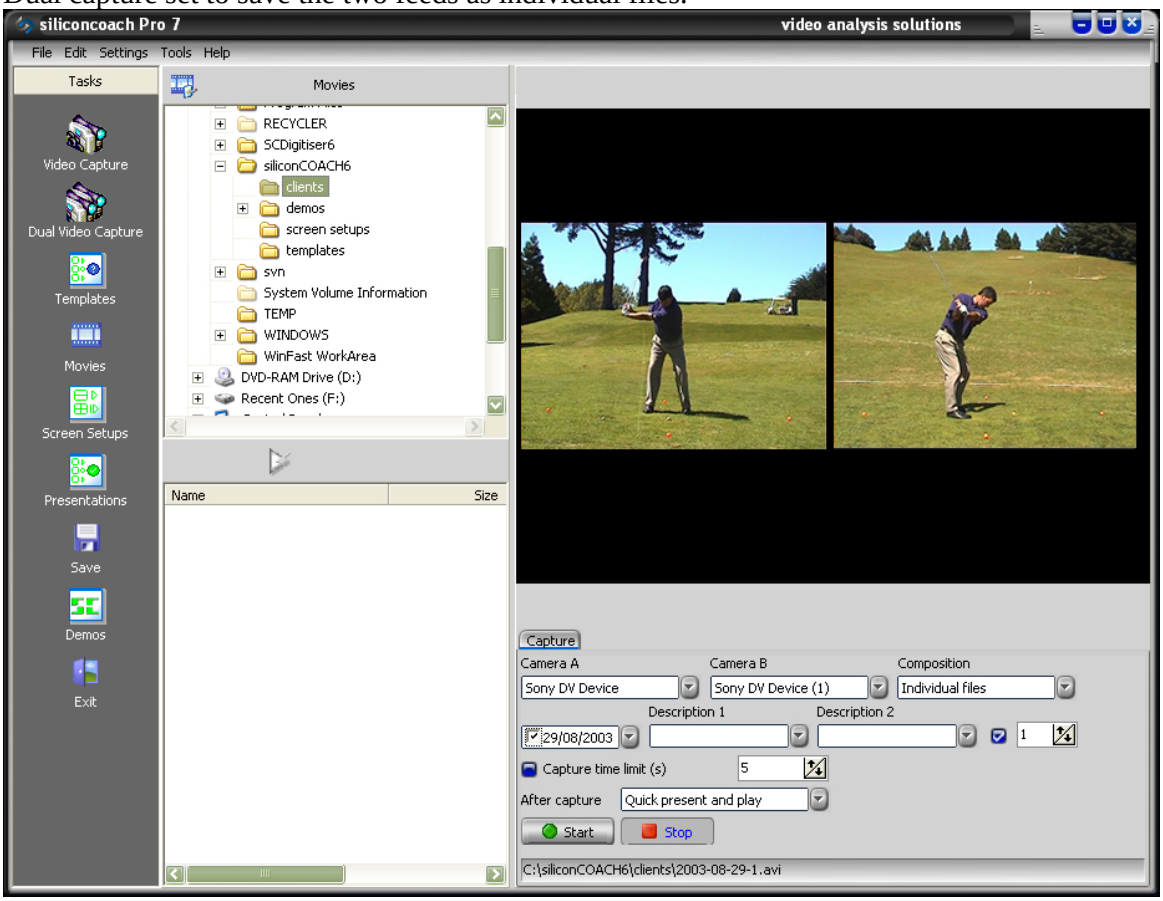
Also there are no camera controllers as the system is only designed to capture live images from the MiniDV cameras.

A key point is you give your files a description (name) before you press the capture button.

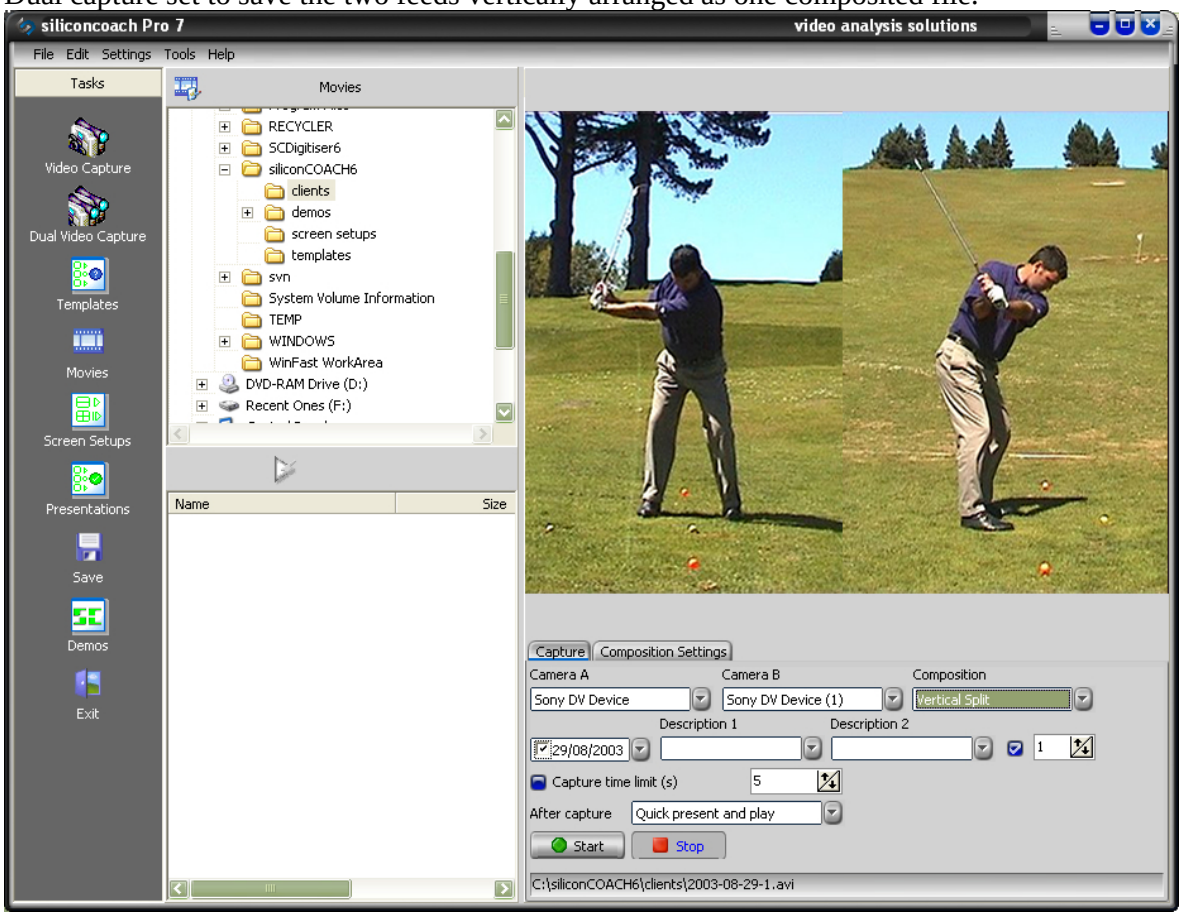
All of the Composition options except 'Individual files' will composite your two video clips together in one file automatically. This is great as they are always synchronised and you only have one large file to save rather than two. However, there is also the option to save the two video streams as individual files if you want to do that.

The two files are automatically labelled 'a' and 'b'

Dual capture set to save the two feeds as individual files.



Dual capture set to save the two feeds vertically arranged as one composited file.



Tasks

To capture using Dual capture please follow the steps:

1. Connect your cameras to your PC and turn them camera on. Remember they must both be MiniDV cameras and each one must have its own Firewire card, not just its own plug.
2. Click on the Dual Video Capture button from the Side Bar.
3. Select the Composition you would like (see more information further down this page)
4. In the File description section, type in a description for the movie clip that you are about to capture. We provide four convenient ways to let you name your captures: Date, Description 1, Description 2 and Auto Increment numbers.
5. Use the Directory and Folder list to specify the folder where you want to save the file. If you want to create a new folder you can right click the folder list and select Explore (Windows Explorer) and create a new folder just as you would normally do in Windows (you are not in siliconcoach when you are doing this).

8. You can choose to set the ‘After capture” option. Here you can set the system to load your captured video file(s) into a premade presentation and go straight to the analyse screen (Quick Present and play). This is a great time saver.
6. Now just treat these videos just as you would if they were captured from one camera, i.e. make presentations and view then

Dual Capture Composition settings

The Dual Video Capture feature gives you Composition settings for each option.

Vertical split

Dual cameras split 50/50 vertically on the screen. You can also adjust what half of the screen is recorded from each camera by moving the slide control

Horizontal Split

Dual cameras split 50/50 horizontally on the screen. You can also adjust what half of the screen is recorded from each camera by moving the slide control

Full size Quarter Screen

This option shows the whole video form each camera, but to fit them into a normal width screen they are reduced to one quarter size.

Picture in Picture

Picture in Picture (PIP) has the most options by far. The best way to learn these is just to play with them. There are also commonly used presets as well as the ability to change the transparency intensity.

Individual files

The system automatically adds ‘a’ and ‘b’ to the file descriptions you specify to distinguish the individual files created from each camera view.

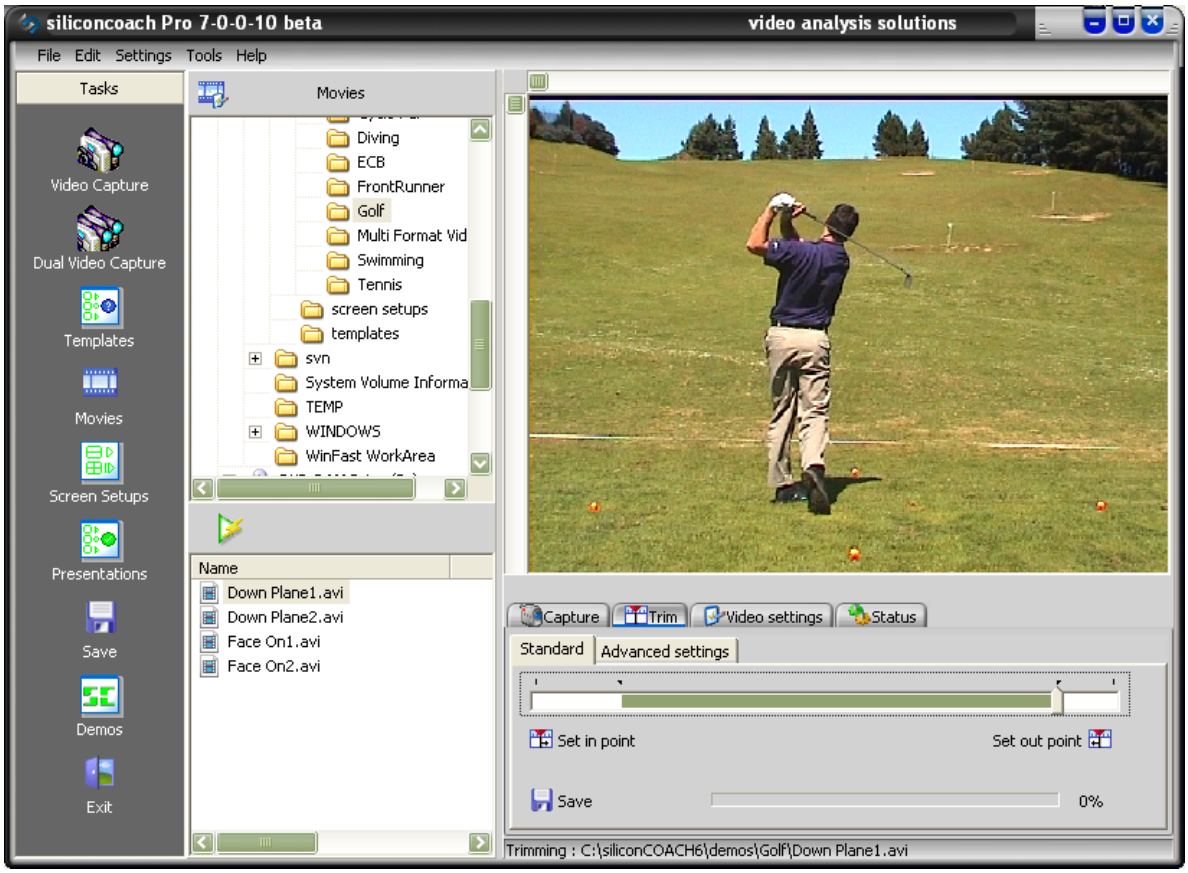
Trim and/or Recompress Video

The Trimmer Screen

Introduction

The Trimmer allows you to trim and/or recompress the video that you just captured or existing movies. It also provides you with some compression options.

Trimmer Screen illustration



(continued on next page)

Trim and/or Recompress Video

The Trimmer Screen (continued)

Tasks

1. Double click the Movie file from the File list in the Capture Screen to bring up the Trim screen.
2. Move the slider to view the beginning point where you want to trim from, and press Set In Point.
3. Move the slider again to view the end point where you want to trim to, and press Set Out Point.
4. Click Save button to save the resulting file to desired location.

Note:

- You can use the mouse to slide the arrow on the bar or shift it with the arrow keys on the keyboard to the point that you want the movie to start or finish.
- The numbers under the slider are the frame numbers of the In Point, current point and Out Point.
- Then Press Trim to save the movie according to the settings you have made.

  You can compress the movie into file formats available on your individual computer. Use the Advanced Settings tab to select the desired compression method and quality.

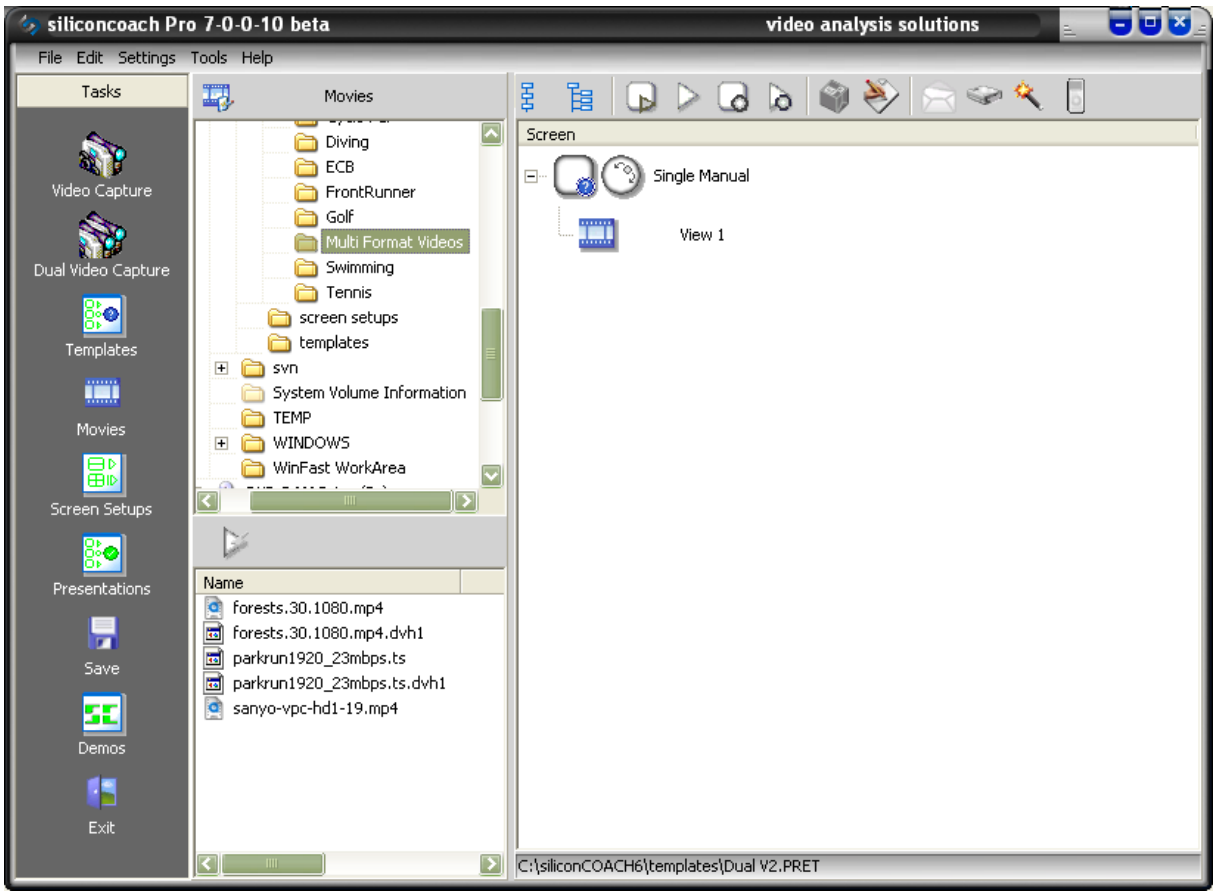
Converting Videos from Different Formats

Introduction

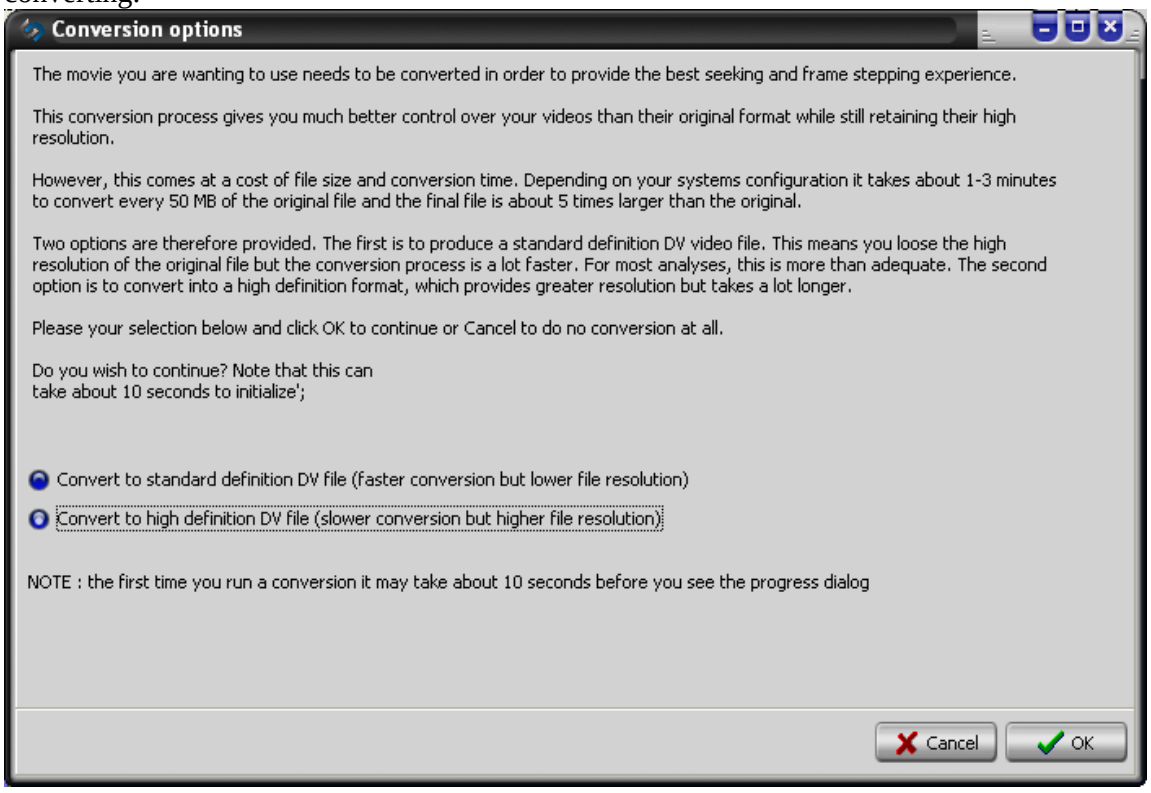
Multiple format Convertion: You can now convert and import videos from multiple formats, including high definition but the key thing is you can keep the high definition resolution. You can now import avi, wmv, MPEG1, MPEG2, MPEG 4 (high definition), AVCHD (high definition H.264) formats.

How do I convert a movie?

1. Press the Screen Setups function button on the left Side Bar and then double click on the **Single Manual** option in the list so it looks like the image below.
2. Now Press the Movies function button on the left Side Bar and navigate to the file you want to convert.
3. Drag and drop your movie onto the blue place holder (if you can't see the blue place holder press the blue Expand button on the top Tool Bar).
4. Choose you option from the new window that appears (see a copy of this on the next page)



The image below shows the screen you are presented with when you select a format that needs converting.


Conversion options
The movie you are wanting to use needs to be converted in order to provide the best seeking and frame stepping experience.
This conversion process gives you much better control over your videos than their original format while still retaining their high resolution.
However, this comes at a cost of file size and conversion time. Depending on your systems configuration it takes about 1-3 minutes to convert every 50 MB of the original file and the final file is about 5 times larger than the original.
Two options are therefore provided. The first is to produce a standard definition DV video file. This means you loose the high resolution of the original file but the conversion process is a lot faster. For most analyses, this is more than adequate. The second option is to convert into a high definition format, which provides greater resolution but takes a lot longer.
Please your selection below and click OK to continue or Cancel to do no conversion at all.
Do you wish to continue? Note that this can
take about 10 seconds to initialize';
Convert to standard definition DV file (faster conversion but lower file resolution)
Convert to high definition DV file (slower conversion but higher file resolution)
NOTE : the first time you run a conversion it may take about 10 seconds before you see the progress dialog
Cancel
OK

Things to know about multiple format videos

The issue with these formats is that they do not allow good control for stepping and frame by frame advance like the standard DV format (from a MiniDV cameras) so these different formats need to be converted in order to provide the best seeking and frame stepping experience.

The other key point is that these cameras do not give you the ability to stream video from the camera and see it live on your computer. This is because the cameras do not provide this feature and is not a limitation in the software.

The conversion process in Pro 7 gives you much better control over your videos than their original format while still retaining their high resolution.

However, this comes at a cost of file size and conversion time. Depending on your systems configuration it takes about 1-3 minutes to convert every 50 MB of the original file and the final file is about 5 times larger than the original.

Two options are therefore provided.

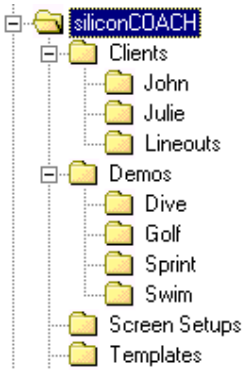
1. The first is to produce a standard definition DV video file. This means you lose the high resolution of the original file but the conversion process is a lot faster. For most analyses, this is more than adequate.
2. The second option is to convert into a high definition format, which provides greater resolution but takes a lot longer.

Managing Your Files

Overview

Introduction

siliconcoach Pro or Student will create its own directory structure that includes the movie, presentation and template folders. The default location of these directories is C:\siliconcoach. It is good practice to capture your video footage into a folder in the Clients directory i.e. you should save all movies of John in John's folder etc.



Note

- You can right click on the Clients folder to open Windows Explorer so you can create new folders for new clients.

Movie file types

The movies that you have captured will have a suffix '.avi'. This indicates that they have been saved in the AVI format.
If you have a wmv file, siliconcoach will automatically convert it so you can use it.

Naming your files

It is also good practice to clearly name your AVI. This makes the presentation creation process a lot easier, and will also give you a better reference of what the movie contains without actually opening it to have a look. The Video Capture screen provides a Date, Auto increment and Filename combo box to help you with this.

Hot tips

The Video Capture screen provides you with some useful tools to help you name your files.

1. You can click on the date combo box to select the date that the movie was captured. This date will prefix the file name. If you don't want to prefix files with the date, then deselect the date combo box by clicking on its checkbox.
2. The Filename combo box lets you type in the file name you want or select it from the list of available names. You can customise this list by right clicking on

the Filename combo box and selecting Add Item to List. A dialogue box will appear asking you to type in a new filename, e.g. Front On or FO could be used as filenames that describe movements that were filmed from front on. The filename will now be automatically saved into your personal list for future use.

3. The Auto increment number lets you choose a number you want from the list. When you have a serial of movies you can name them with auto increment numbers.

Snapstream firefly remote control

The Snapstream Firefly is a RF (Radio Frequency), remote control that can be used to control the video recording and playback functionality of siliconcoach.

Unlike infra-red devices, RF devices do NOT require a 'direct line of sight' between the remote and the receiver that is attached (via USB), to the computer.

The range of the Snapstream Firefly is 10 metres (30 feet). To find out more about the Snapstream Firefly remote control or to buy one, see their web site at www.snapstream.com/products/firefly.

To install the siliconcoach profile for the Snapstream firefly, run the siliconcoach installer with a version equal or greater than 7.0.0.24.

The Snapstream Firefly remote control is configured to use the keys as shown below, to control capture in siliconcoach. Note that in Dual Capture, there is no option to pause capture and therefore pressing the pause button on the remote will have no action either.

Chapter 6 Screen Recording

Overview

Introduction

The screen recording feature of siliconcoach allows you to capture an analysis as a movie file with any drawings on screen being saved. If a microphone is connected your voice-over can also be saved. Pro

Topics

This chapter contains the following sections:

Topic	See Page
Screen Recording	74
Saving Screen Recordings	75

Screen Recording

Screen Recording

Introduction

Some settings make screen recording simpler. Pro

Tasks

Complete the following steps to using the screen recording function:

1 Click on SETTINGS on the Menu Bar. Ensure that Start Recording in a Paused State and Use Advanced Video Render are ticked.

2. Save the current presentation. The resultant recorded movie files will be named as per the presentation file.

3. Select to either play and record;

- ALL manual screens
- From Selection .

4. Recoding button will now be active. Use these buttons to record or pause the recording or your analysis.

- When it is RED the recoding process is Paused.
- When it is ORANGE recording is in progress.

5. When you have finished recording your analysis exit the Presentation viewer screen as usual (i.e. the blue door on the lower right); See the next section for more details

Hot tips

The Screen Recording feature allows you to create an analysis session for a player without them having to be there.

1. Try drawing your analysis on the screen before recording. This way you don't have to re-start the analysis if you make a mistake.

2. Keep drawings simple and voice over concise to keep video length short and instructions understandable.

3. Use multiple Pause/Record actions to make lines/measurements "magically" appear on the recorded video.

Screen Recording

Saving Screen Recordings

Introduction

Screen recorded movies are saved into presentation format and also saved as movie files. These files can be viewed individually or as part of the saved presentation.

Pro

Tasks

1. Upon completion of recording your last screen exit the presentation.

2. Choose to either Save or Delete the recorded presentation. Saving the presentation will save both the recorded movie files and the resulting presentation.

3. Save the presentation with a relevant name (e.g. Golf with analysis.pre).

4. Choose what you would then like to do: Open the recorded presentation to view the analysis and voiceover as you would any presentation (press Play), Export to CD (or other options), or Exit. For more information on the Export options see Chapter 7

Chapter 7 Exporting Presentations

Overview

Introduction

siliconcoach Pro allows you to export presentations in a number of formats. Exporting is way in which raw video, siliconcoach presentations, composite video or recorded presentations can be shared with others. PrO

Topics

This chapter contains the following sections:

Topic	See Page
Exporting a presentation to Email	77
Exporting a presentation to Video CD (VCD)	78
Exporting presentations using the Wizard	79

Exporting Presentations

Exporting a presentation to Email Pro

Introduction

The Export Presentation Wizard can compress your presentation into a series of movie files that are suitable in size for emailing to a client. If you have particularly long presentations then this may not be an appropriate way to distribute your presentations simply because, even when compressed, they are are still to large to send via email.

Tasks

1. Open the presentation you'd like to export.
2. Click on the EXPORT PRESENTATION TO EMAIL button

3. Follow the instructions provided in the Export wizard

Exporting Presentations

Exporting a presentation to Video CD (VCD) Pro

Introduction

The Export Presentation Wizard can compress your presentation and burn it onto a CD that can be played on a home DVD player (or PC). This CD is called a Video CD (VCD).

To create a Video CD (VCD). You'll need

- A CD writer
- A blank CD (CDR) or a rewritable CD (CD RW)

Tasks

1. Open the presentation you'd like to export.
2. Click on the EXPORT PRESENTATION TO CD/VCD button

3. Follow the instructions provided in the Export wizard
4. When the presentation has been compressed you can insert your CD and click NEXT to burn the presentation to VCD. When the VCD has been written you will be given the option to write another one, or you can simply exit the wizard.

Exporting Presentations

Exporting a presentation to Apple iTunes Pro

Introduction

The Export Presentation Wizard can compress your presentation and burn it onto a format that can be loaded and played on iTunes and then loaded onto your iPod or iPhone

To load you exported presentation into iTunes you will need

- Apple iTunes (Free from www.apple.com)
- Apple Quicktime (Free from www.apple.com)

Tasks

1. Open the presentation you'd like to export.
2. Click on the iTunes button

3. Follow the instructions provided in the wizard.

Exporting Presentations

Exporting presentations using the Wizard PRO

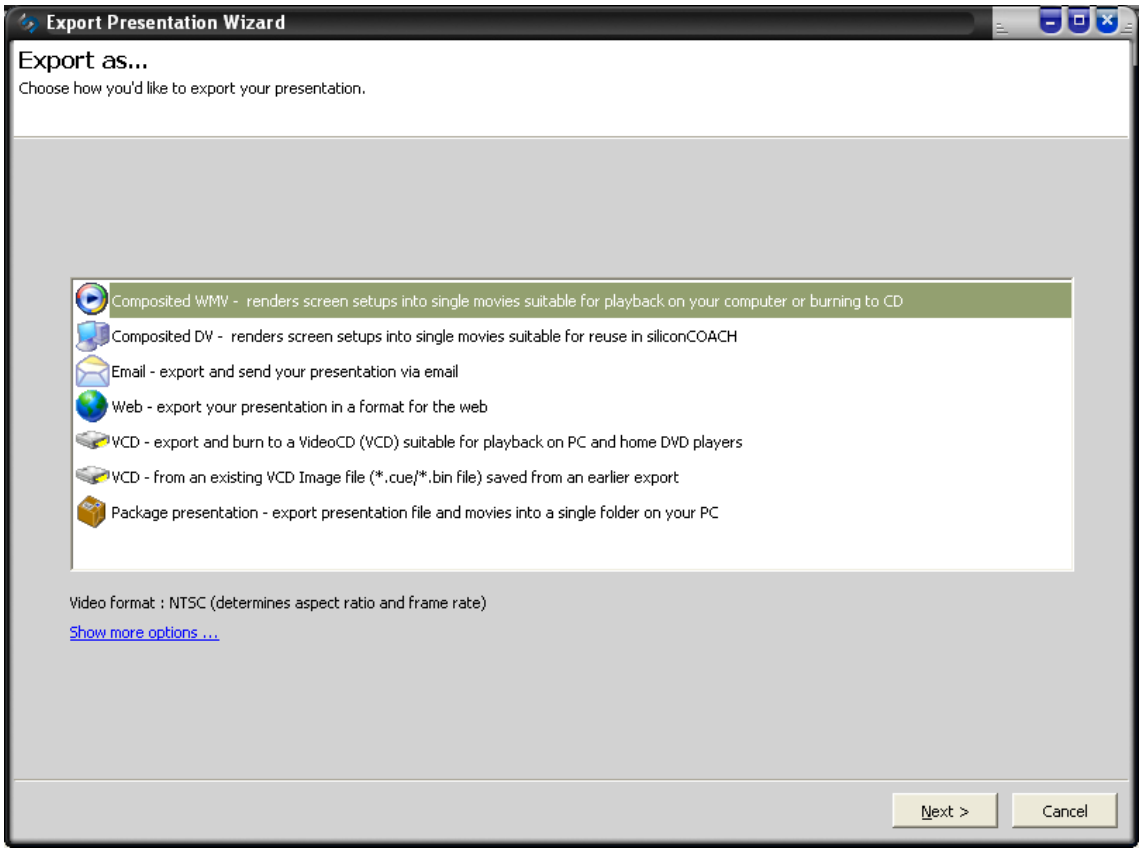
Introduction

The Export Presentation Wizard is a powerful tool for exporting presentations in a variety of formats to suit your needs. This section will describe what the options are and how you use the wizard.

Tasks

1. Open the presentation you'd like to export.
2. Click on the EXPORT PRESENTATION TO EMAIL button

3. Follow the instructions provided in the Export wizard (image below). For more details on this process see the electronic help in the software. To do this press F1 or Help from the top menu, specifically E*xporting presentations using the wizard* under **How do I** and then **Advanced users**.


Export Presentation Wizard
Export as...
Choose how you'd like to export your presentation.
Composited WMV - renders screen setups into single movies suitable for playback on your computer or burning to CD
Composited DV - renders screen setups into single movies suitable for reuse in siliconCOACH
Email - export and send your presentation via email
Web - export your presentation in a format for the web
VCD - export and burn to a VideoCD (VCD) suitable for playback on PC and home DVD players
VCD - from an existing VCD Image file (*.cue/*.bin file) saved from an earlier export
Package presentation - export presentation file and movies into a single folder on your PC
Video format : NTSC (determines aspect ratio and frame rate)
Show more options ...
Next >
Cancel

Appendix

Siliconcoach Software License Policy

This policy applies to all siliconcoach products that make use of the Nalpeiron Licensing System (NLS) and sets out the siliconcoach response to various license questions.

The new license system is extremely robust and full featured to simplify license management for the end user. Tools are provided for end users to manage their license(s) with respect to activation, deactivation and transfer to another PC. Given the tools provided, it is important that the end user abides by the guidelines set out in this policy because license loss will result in the end user needing to purchase a new license.

What happens if I wish to sell my PC without first returning my license to the server?

If you fail to return your license to the server you will need to purchase a new license

What happens if my PC is stolen?

If you are insured, the expectation is that your insurance will cover the replacement cost. We will block your old license and issue a new one when you purchase again.

What happens if my hard drive crashes?

In the case that your hard drive cannot be recovered by simple reformatting and the disk has to be replaced then you will need to provide siliconcoach with proof of purchase for the replacement drive.

We will require a faxed or scanned copy of the receipt that details the:

- newly installed drive,
- the date of transaction,
- the vendor and the vendors contact details so that we can contact them for confirmation.

We reserve the right to ask you to run diagnostic software on the PC to confirm that the drive matches that as specified in the receipt.

What if I use the license manager to remove a license and do not produce a proof of removal code?

You have effectively destroyed the license and provided us with no means to verify this. In this case you will need to purchase a new license

What if I use Ghost or similar to image my PC and end up wiping my master boot record?

If you choose to image your PC including the master boot record then you must return your license to the server before you reimage so that you can activate again on the reimaged PC. Failure to do so will result in you having to purchase a new license.

Read on to learn how to:

- Activate the software (see page 91).
- Move your license to another machine (see page **Error! Bookmark not defined.**).
- Retain your license if you sell your PC (see page **Error! Bookmark not defined.**).
- Manage you license(s) if you use disk imaging tools like Ghost (see page **Error! Bookmark not defined.**).

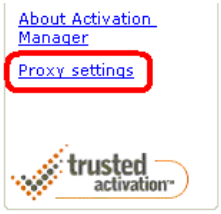
Activating siliconcoach 7 Software

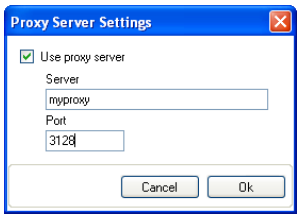
Introduction

The new Activation/Registration system in siliconcoach Pro/Student 7 now offers you a whole new level of flexibility. If you are connected to the internet you can now check your license back up onto our web based License Server, go to another computer, load siliconcoach Pro/Student 7 on that second computer and then download your license to activate that second copy. In effect you could have copies of siliconcoach Pro/Student 7 at work and at home, and then check in and check out the license and have the system useable in both places (but not at the same time!).

There are some restrictions however. They are:

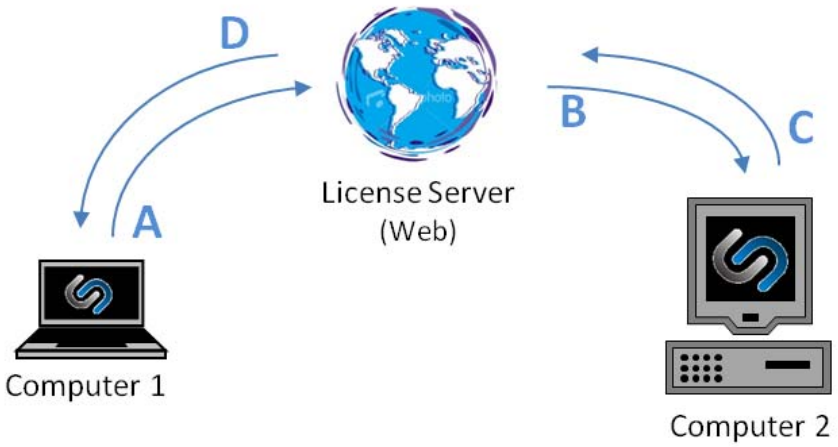
- You **must** have all machines connected to the internet.
- Some Firewalls and Proxy Server's can prevent this process.
    - If prompted by your antivirus or firewall software to unblock 'activationmanager.exe' please do so.
    - If you do not get this option and the process is blocked, get your network administrator to allow access to 'activationmanager.exe'.
    - If you know that you use a proxy server and know what the settings are then you can enter them into the activation manager by clicking on the Proxy Settings button and then placing a check mark in Use proxy server. Now enter <u>your</u> proxy server address and port number and then click OK. These settings will be stored for future use.





- The system will not let you have the license active on two or more machines at the same time.
- You must check in your license from the 'activated' siliconcoach computer before you can check it out to use it on your second computer. You must physically be at the 'activated' computer to check it in; you cannot check it in remotely over the web.

Concepts: One license and Multiple Computers



Steps

1. When you want to use siliconcoach 7 on Computer 1.
    a. Load, activate and use siliconcoach 7 on Computer 1.
2. When you want to use siliconcoach 7 on Computer 2.
    a. Deactivate siliconcoach 7 on Computer 1 and check the license up to the Web based License Server (Step A, see page 97).
    b. Load, activate and use siliconcoach 7 on Computer 2 (Step B, see page 93). NOTE: Now you **can't** use it on Computer 1.
3. When you want to go back to using Computer 1.
    a. Deactivate the siliconcoach 7 on Computer 2 and check the license up to the Web based License Server (Step C, see page 97).
    b. Activate the copy of siliconcoach 7 on Computer 1 (Step D see page 93). NOTE. You do not need to reload the software.
4. When you want to go back to using Computer 2.
    a. Repeat Step 3 above but deactivate Computer 1 then activate on Computer 2.

Activation Manager

The Activation Manager is the tool that you will use to control your license. It provides you with the tools you need to

- **Activate** siliconcoach 7 (Pro or Student) via the internet or in very special cases by phone (see page 93).
- Use the **Internet based Deactivation of** siliconcoach 7 (Pro or Student) and return your license to the web based License Server so that you can **move** it to another PC (see page 97).
- If you are **selling**, **returning or do not have an internet connection** to your computer and want to retain ownership of your license, refer to the **Manual Deactivation** section on page 98. NOTE: Please read the Warnings in this section.

Activating / Re-activating siliconcoach 7

Use the following steps to either:

- Activate siliconcoach Pro/Student for the first time.
- Reactivate siliconcoach Pro/Student 7 on a computer that has been activated for this software before.

Step 1
If the software is not already on the computer, install it from the CD or from a downloaded file. Now start the application from the icon on the desktop.

The first time you run Pro 7 on a computer it will be in Demo mode. This will give you 45 days of fully functioning software before it must be activated.

Step 2
The Activation Manager will also open. Select the **Activate Siliconcoach 7** option and click CONTINUE.

Activate siliconcoach 7
Activation Required
Activation is required to register this product. Once a license has been activated on a computer, it cannot be used on another machine. By activating this license you will lock it to the current machine.
WebSite
Email Support
Telephone :
+64 3 479 2577
About Activation Manager
Proxy settings
Activate siliconcoach 7
Buy siliconcoach 7
trusted activation
NALPEIRON LICENSING SYSTEM
Help
Continue

You can manually access the Activation Manager at any time by clicking on Windows START then ALL PROGRAMS, then SILICONCOACH 7, then ACTIVATION MANAGER.

If this is the first time that you've run siliconcoach 7 on this PC then you will have begun a 45 day trial. The trial is fully functional and you can choose to just evaluate the software by selecting "Trial siliconcoach 7 for 45 days" and then clicking "Continue".
The Activation Manager will tell you how many days you have left before you must activate siliconcoach 7.

Step 3
Enter the 15 digit License Code you were sent by siliconcoach Ltd. This may have been in an email if you have a downloaded copy or written on the CD cover if you have a CD copy.

Press the ACTIVATE button to complete this part. Please wait at least 20- 30 seconds as the system is accessing the internet.

Activate siliconcoach 7
Activate
xxxxx-xxxxx-xxxxx
WebSite
Email Support
Telephone :
+64 3 479 2577
Manually activate using the phone and email
About Activation Manager
Proxy settings
Please take a few moments to activate your product now. It helps prevent illegal copying of this software and helps ensure you have a genuine copy of the Software. This product will attempt to use the Internet during activation. If you have a firewall or proxy server this may prevent this process. If prompted to unblock 'control activation.exe' please do so or you will need to unlock this product via the phone using the 'Register Manually' button above. Please enter or paste the numeric license code
NALPEIRON LICENSING SYSTEM
Help
Back

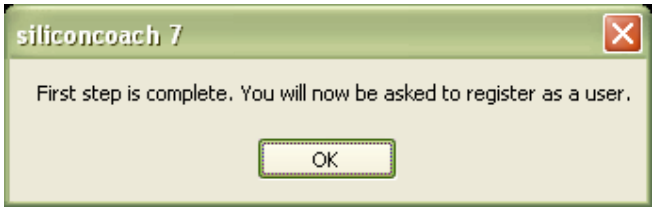
If you are Activating a computer that you have activated before, the number will be loaded for you automatically.

*It is strongly recommended that you have an internet connection to manage your license and receive free updates to the software. However if you do not have an internet connection then select "**Manually activate using the phone or email**". Note that manual activation will make moving your license to another PC much more difficult and is therefore not recommended*

Step 4
After the Activation process is complete (please wait 20-30 seconds) you will immediately be asked to complete the Registration process.

This is very important as it allows you to manage your license(s).

Press OK on this screen.



Step 5
If you have **never registered before** using this system, press the REGISTER NOW button near the top of the Window and follow the registration prompts on the screen that appears.

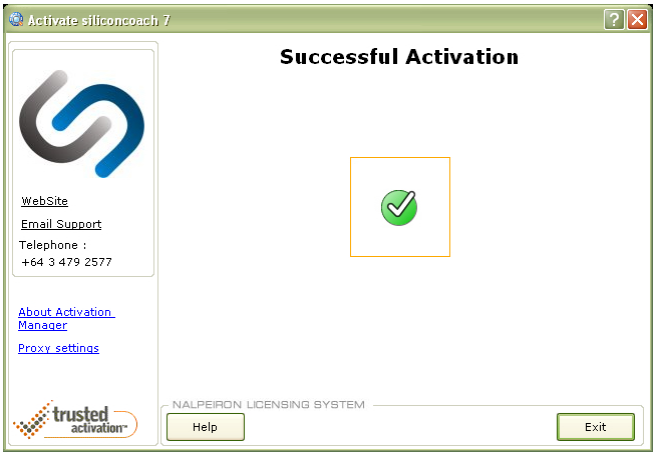
If you have **already registered**, enter your username (email) and password in to lower boxes and click the REGISTER button.

*Note that it is **imperative** that you provide your **real email address** as this is your username and you may need to login to the activation server at a later date to manage your license(s).*

If you cannot remember your password then you need to contact support@siliconcoach.com.

If you get any red flashing indicators when registering, hold your mouse over these indicators to see the error message.

Step 6
Once you have registered you will get the Successful Activation window as shown on the right. Click EXIT to finish the process.



Step 7
If the siliconcoach 7 software does not start automatically, start the application from the icon on the desktop.

Step 8
Review the following user resources

- Quick Start Manual
- Pdf User Manual
- Support site at www.siliconcoach.com and then click on SUPPORT from the upper right of the web site.

Managing your Software License

Internet based Deactivation of siliconcoach 7

- Use the following steps to deactivate siliconcoach 7 (Pro/Student) and check your license back up onto the Web based License Server. You may do this when you want to move the license to use on another computer.

- NOTE: If you **do not have an internet connection** and want to retain ownership of your license in the case where you are **selling or returning** your computer, refer to the Manual Deactivation section on page 98. Please read the Warnings in this section.

Steps

Start the Activation Manager by clicking Windows START then ALL PROGRAMS, then SILICONCOACH 7, then ACTIVATION MANAGER.

The Activation manager will start.

Your license Code will be entered automatically. It is this license you will be checking back into the Web based License Server so as to be able to use it somewhere else at a later stage.

Select the YES option then press CONTINUE to complete the process.

Completion will be confirmed with this Window.

Activate siliconcoach 7
De-Activate siliconcoach 7
This application has already been activated do you want to de-activate and return the license to the server?
License code:
xxxxx-xxxxx-xxxxx
NO
YES
WebSite
Email Support
Telephone :
+64 3 479 2577
About Activation Manager
Proxy settings
De-Activation allows you to return your license to the server for storage and re-use. This allows you to quickly and easily move the license to an alternate machine. You should do this if you plan to reformat or reimage your PC.
Once de-activated your program will no longer run on this machine until you re-activate or install the software on a new machine and run the activation process on the new one.
This product will attempt to use the Internet during de-activation; if you
Manual de-activation
trusted activation
NALPEIRON LICENSING SYSTEM
Help
Continue
Exit

Now the copy of siliconcoach 7 will not work on this machine. To re-activate it on this or any other machine follow the Activation instructions on page 93.

Manually Deactivating siliconcoach 7

- Use the following steps to deactivate siliconcoach 7 (Pro/Student) if you want to remove the license from your computer if you are selling or returning it and you do not have an internet connection.

WARNING, READ THIS FIRST: YOU MAY LOSE YOUR LICENSE PERMANENTLY.
Don't use this feature unless on the phone or instant messaging a siliconcoach support representative.

You can remove your license and prove you have removed it by simply clicking the 'Remove' button and then sending the 'Installation ID' , 'Proof of removal code' and 'Computer ID' to siliconcoach to prove the license has been removed. However, we recommend you only use this option if directed to by a siliconcoach user support representative. Please read the warnings below.

WARNING:
1. If you forget to send the 'Installation ID' , 'Proof of Removal' code and 'Computer ID' or make a mistake while copying it then siliconcoach will be unable to verify that you have removed the license and you will need to **purchase a new one**.
We highly recommend you only use this feature when directed to by a user support representative and while you are talking to them on the phone or via instant messaging.

2. Do not use this function to try to move to a new PC as it will destroy the license and you will need to **purchase a new one**. Use the Internet based deactivation method instead on page 97.

Step 1
Start the Activation Manager by clicking Windows START then ALL PROGRAMS, then SILICONCOACH 7, then ACTIVATION MANAGER.
The Activation manager will start.
Select the MANUAL DE-ACTIVATION option and a new Window will open.

Activate siliconcoach 7
De-Activate siliconcoach 7
This application has already been activated do you want to de-activate and return the license to the server?
License code:
xxxxx-xxxxx-xxxxx
NO
YES
WebSite
Email Support
Telephone :
+64 3 479 2577
About Activation Manager
Proxy settings
De-Activation allows you to return your license to the server for storage and re-use. This allows you to quickly and easily move the license to an alternate machine. You should do this if you plan to reformat or reimage your PC.
Once de-activated your program will no longer run on this machine until you re-activate or install the software on a new machine and run the activation process on the new one.
Manual de-activation
trusted activation
Help
Continue
Exit

Step 2

If you are sure this is what you want to do, press the REMOVE button.

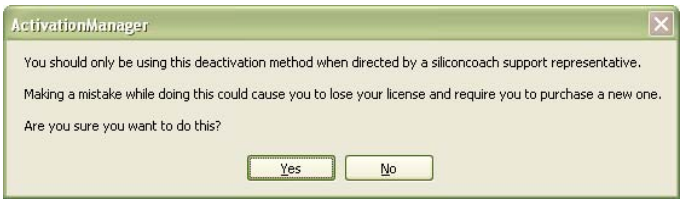
Activate siliconcoach 7
Remove siliconcoach 7
Remove
(Proof of removal code)
Installation ID:
Computer ID:
WebSite
Email Support
Telephone :
+64 3 479 2577
About Activation Manager
Proxy settings
READ THIS BEFORE YOU DO ANYTHING, YOU MAY DESTROY YOUR LICENSE FOREVER!
You can remove your license and prove you have removed it by simply clicking the 'Remove' button and then sending the 'Installation ID' , 'Proof of removal code' and 'Computer ID' to siliconcoach to prove the license has been removed. However, we recommend you only use this option if directed to by a siliconcoach user support representative. Please read the warnings below.
WARNING:

Step 3

You will be asked if this is really what you want to do, you should only be doing this while in phone or instant messenger contact with a siliconcoach support representative.

If you are at all uncertain, press NO and contact support@siliconcoach.com.

If you are certain, press YES. Your license will be instantly removed and you siliconcoach 7 will not work, even if you reload the original software. You will need to contact support@siliconcoach.com to get going again.


ActivationManager
You should only be using this deactivation method when directed by a siliconcoach support representative.
Making a mistake while doing this could cause you to lose your license and require you to purchase a new one.
Are you sure you want to do this?
Yes
No

Step 4

You have now removed the license from your computer and generated 3 components to prove that you have done so.

All three forms are needed to make a valid case. Therefore you need to make sure you have a copy of these numbers **before** you do anything else.

You can copy them manually or press the copy button to the right of the top number and then paste that number into Word, Notepad or similar.

Your final proof of removal should contain the three sets of numbers labelled correctly.

Activate siliconcoach 7
Remove siliconcoach 7
Remove
xxxxxxxxxxxxxxxxxx
(Proof of removal code)
Installation ID:
xxxxxxxxxxxxxxxxxx
Computer ID:
xxxxxxxxxxxxxxxxxx
WebSite
Email Support
Telephone :
+64 3 479 2577
About Activation Manager
Proxy settings
READ THIS BEFORE YOU DO ANYTHING, YOU MAY DESTROY YOUR LICENSE FOREVER!
You can remove your license and prove you have removed it by simply clicking the 'Remove' button and then sending the 'Installation ID' , 'Proof of removal code' and 'Computer ID' to siliconcoach to prove the license has been removed. However, we recommend you only use this option if directed to by a siliconcoach user support representative. Please read the warnings below.
WARNING:
trusted activation
NALPEIRON LICENSING SYSTEM
Help
Back
Exit

*Pressing the single copy button will copy **all three numbers** at one time.*